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- a Greek classic

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- THE 24 HOUR JACUZZI
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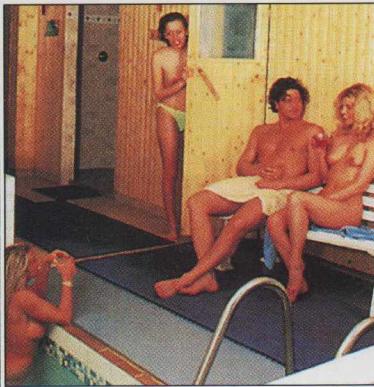
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Jan



# The search is over!

If you're searching for places to strip off regardless of the weather, then this issue is perfect for you. Our guide to indoor naturism will offer a full range of facilities that will leave you no more excuses to huddle fully-clothed under the duvet. We feature one of the most highly profiled clubs, Silverleigh, and find out why their brand of non-stop nudity is a hit with both the 24 hour party people and more conservative naturists.

If this weather has you itching to get naked in warmer climes, then lay back and join us in Jamaica and Greece. Hedonism II is the "traditional" choice for the former destination but what if you want something a little more relaxing? Welcome to Grand Lido!

Christmas is round the corner and we have have some excellent alternatives for a really special naked Christmas - have a good one!



**HELEN  
LUDBROOK**

# HE

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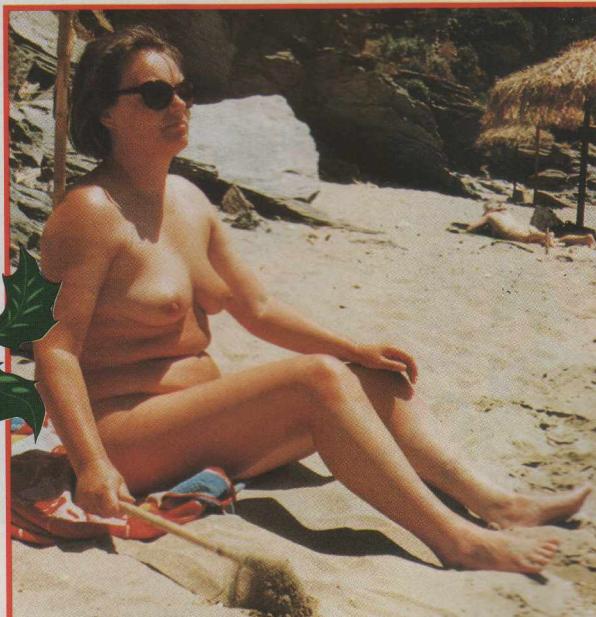
Looking great, feeling even better!

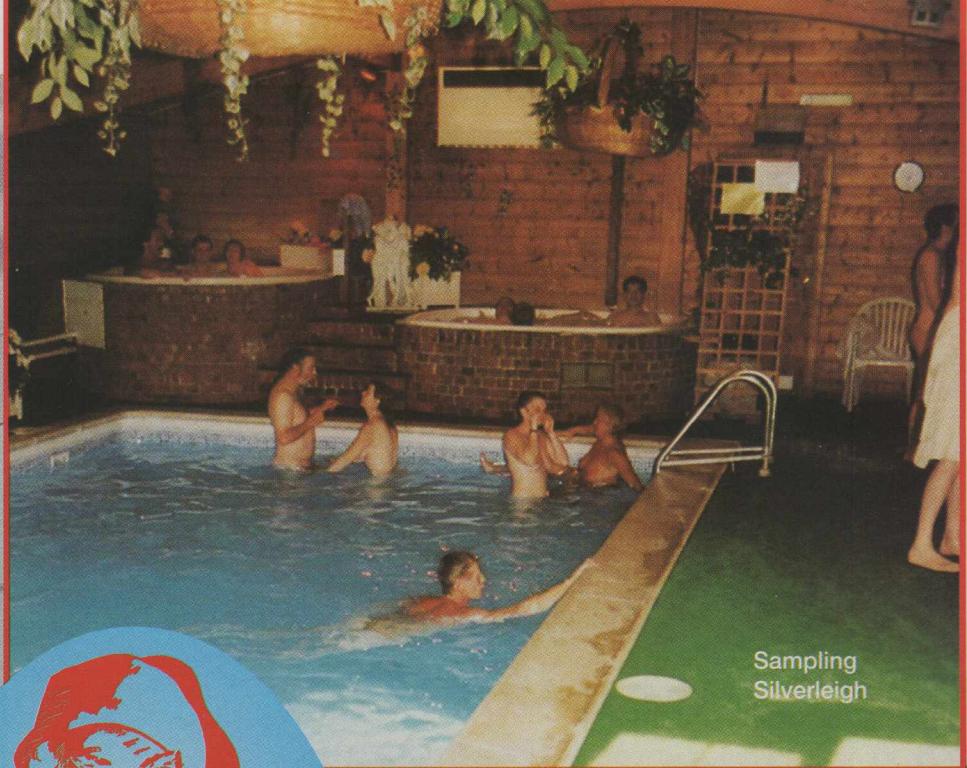
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You can eat healthily - and happily

Richard Lawrence

Escape to Greece



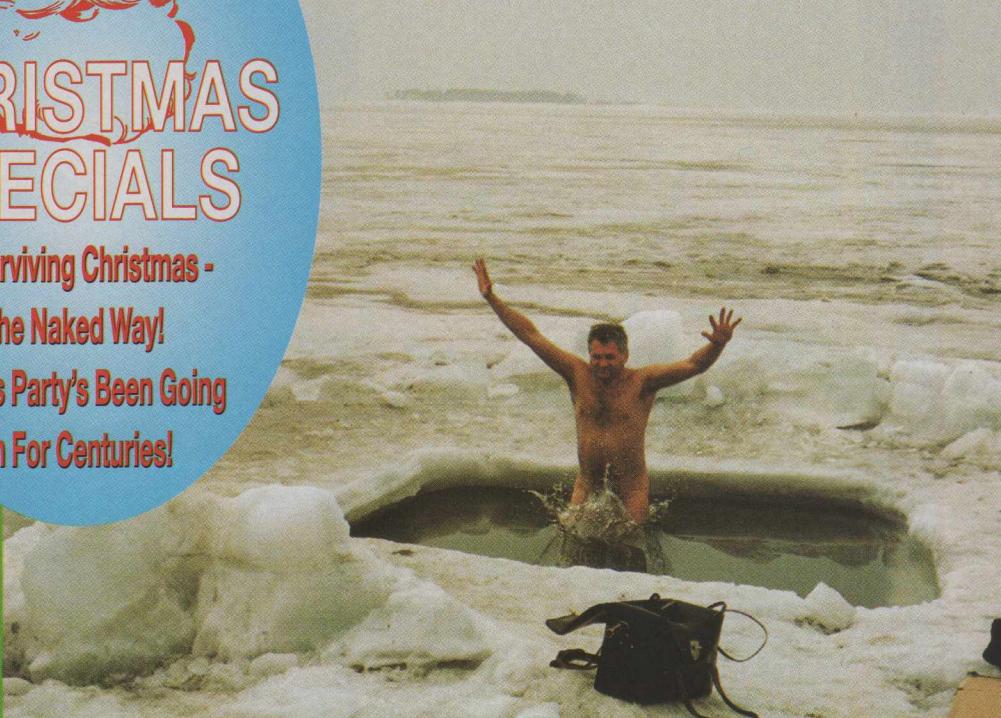
A blue oval containing a red silhouette of Santa Claus. Below the oval, the text reads:

**CHRISTMAS  
SPECIALS**

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Sensational Siberia



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Health and Efficiency was established in 1900 and has incorporated Sunbathing Review and Vim. The magazine is entirely independent. We think bodies are wonderful! And everyone has a right to enjoy a naked lifestyle whatever their age, size, or sexuality. We reflect the wonderfully diverse ways people take pride in their bodies and what nudity means to them. From health, body-art and relationships to everyday club and beach life, there's always something new to hear about.

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Ivan Howell  
and family visit  
Greece for  
culture, nudity  
and some  
serious  
posing!

# A Greek CLASSIC

**T**his should have been a report on La Jenny in France, but after Lottie and I had decided to go there, Clare - who at 14 doesn't even like us seeing her nude - said she didn't want to go. So after consulting David Martin's Guide to Europe and the "The Rough Guide to Greece", we decided on Andros.

We were staying in Batsi, the main tourist destination on the island. On the ferry journey from the port of Rafina we saw dolphins leaping in the sea, which was a delightful welcome to Greece.

On the first morning I was up making a cup of tea for everyone. For some years Clare has taken sugar in her tea, which I always describe as "ruining it". I delivered tea to Lottie and then took Clare's into her, making sure I'd put the required sugar in. "Have you ruined it, Dad?" she called as I collected mine and returned to bed. "Yes, I have" I replied followed by a loud shriek from Clare's room, "Yes you have, you've put salt in it!"

Batsi is a small fishing village of around 800 inhabitants, swelling to around 4,000 at the height of the season. A characteristic of the place is that all the public paths are painted in either rough squares or crazy-paving patterns. Sometimes these are painted directly on to solid concrete or they follow the lines of the random shaped stones, and in at least one place there were random lines painted over real crazy-paving.

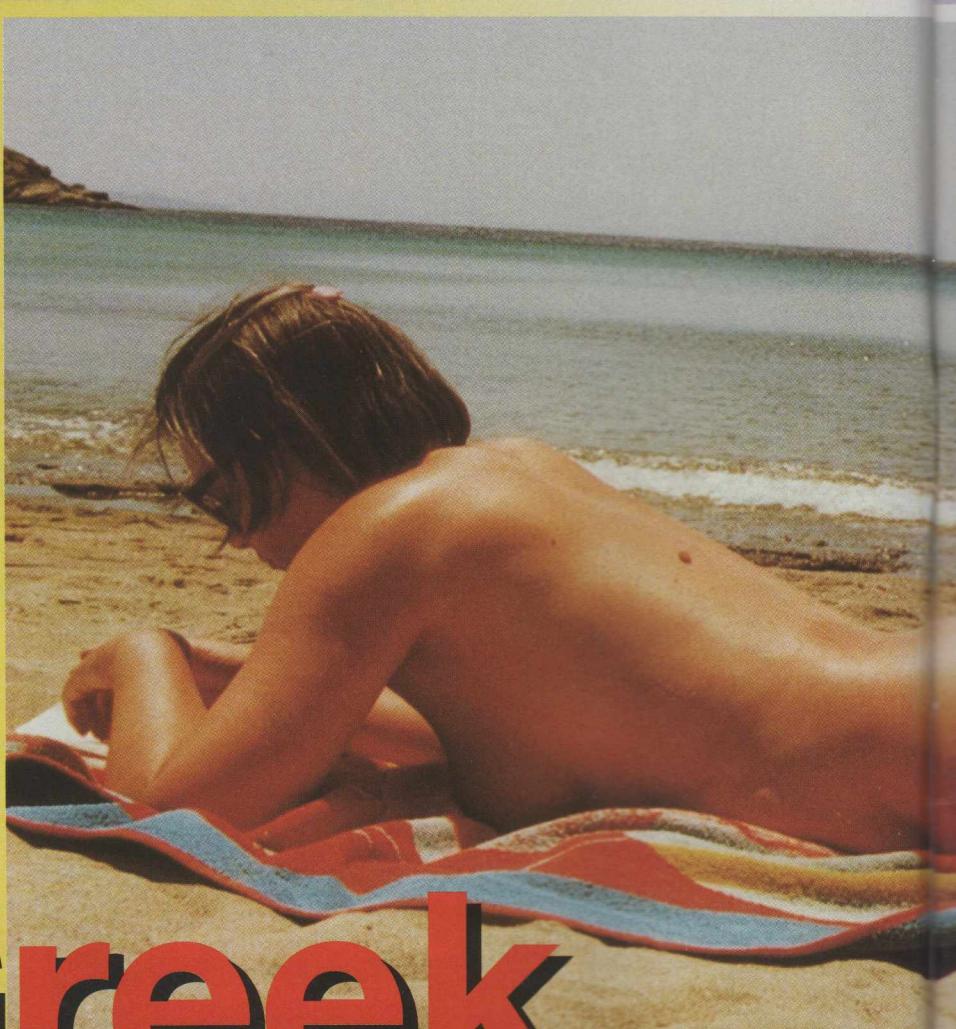
There are at least a dozen restaurants and tavernas offering Greek and other meals. One of our favourite tavernas was the Stivari Gardens where on Sunday evenings they roast a whole piglet and on Wednesday evenings they offer a barbecue with "as much wine as you can handle" for 3,000 drachmas each - just under £7.00.

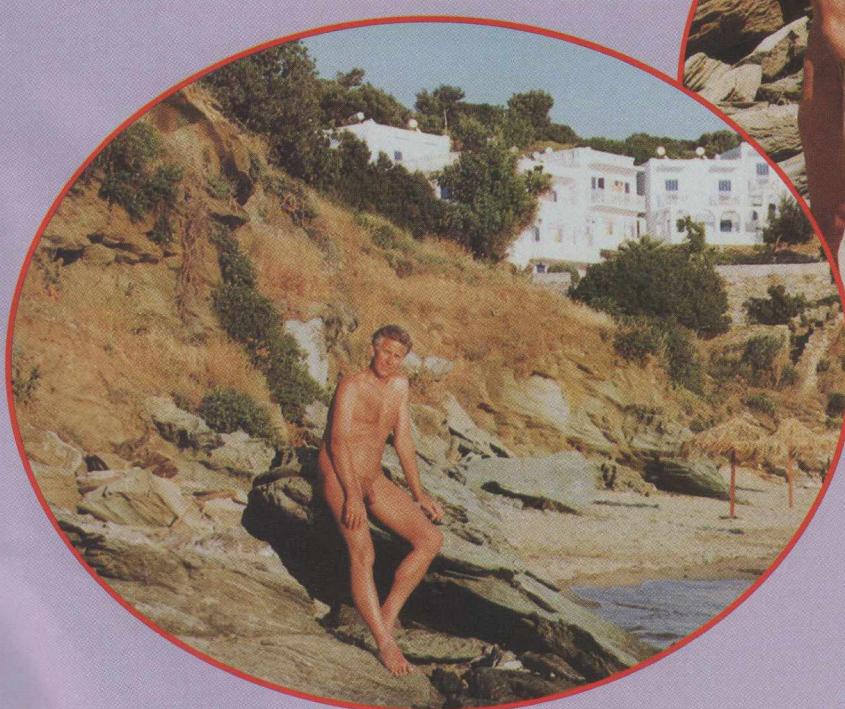
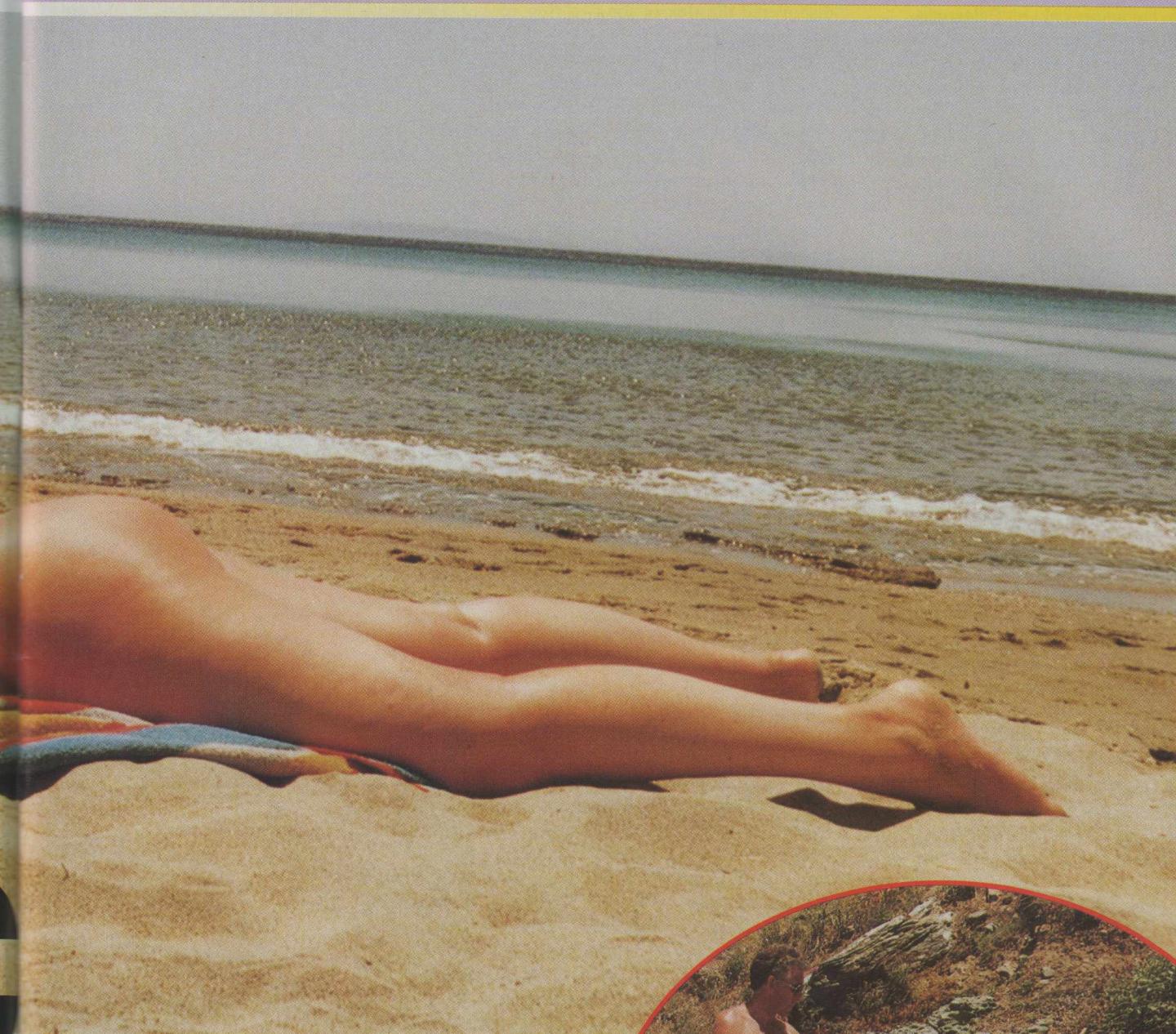
We started with plates of tsatiki, taramoslata, Greek salad and beans in a delicious sauce. We all tucked in and Clare seemed to like the taramoslata. When I

explained it was pounded fish roe she pulled a face and made a "urgh" sound, much to the amusement of the couple on the next table.

By the time we had finished, our carafe of wine was empty and Sally, the English owner, asked if we wanted a refill. As we thought we had had enough, we declined. Shortly after, a young Greek waiter took the carafe away and returned with it full. "No thank you," I said putting my hand over the glass. He glared at the carnage and placed it firmly on the table. We bowed to the inevitable and drank up!

At Batsi there are five beaches. The main one is in the village, running alongside the road. To the right of this, facing the sea, is another, much smaller beach. The remaining three are in the other direction: Stivari, Delavoyas and Aghia Marina. There is another mentioned in David Martin's guide - Aghia Elena - which we never found. There was topless sunbathing on every





Lottie (above left) enjoys the Delavoyas Beach at Batsi, Andros, while Ivan builds the shelter

beach, but nudity only on Delavoyas.

At our welcome meeting we asked our rep if she could confirm the existence of the naturist beach in the guide and were told that the third beach was naturist. She then called over Dimitri, the owner of the taverna, who told us it was the second! That evening we walked to the second/third to find no evidence of nudity, but stopping at the Stivari Gardens on the way back discovered that we had found the right place.

To find the naturist beach from the harbour end of the town, follow the road around the edge of the harbour and up the hill. Take the steps up to the war memorial and on to another road. Follow this past several villas and apartments, the Stivari Gardens taverna above Stivari beach and on to the Aneroussa Hotel that looks like a row of pastel painted villas. Just before the hotel there is a small steep path on the right leading down through the bamboos to the beach.

On the beach, turn right and walk over the low ridge of rocks beyond which the beach is naturist. If you miss the path you can enter the hotel gateway and walk along the side of the hotel and around the front until you see a flight of steps leading down to the beach. The whole journey takes around half an hour at what we called "Greek pace"; a slow stroll with occasional stops to watch the lizards - around 20-25 per journey being a good "bag". The journey back often took up to one and a half hours, depending on how long we stopped at the Stivari Gardens taverna!

The naturist part of the beach is about 75 yards long and of soft sand with scattered rocks. Starting at the water's edge there is a shelf of what looks like concrete but is actually a natural accretion of sand and pebbles, which extends several yards into the sea. At the end of this there is a step down onto more soft sand at the bottom of the clearest water I have ever swum in.

There is no natural shade, but while we were there four bamboo-leaf umbrellas were erected on the smaller textile beach and three on ours. On the hottest days I built a shelter using a pareo or two and some bamboos collected on the way down the path.

At weekends there are usually more people on the textile beach, although for the rest of the week there were very few. One weekend I heard the sounds of children playing on the textile end and looked up to see two boys of about 10 playing nude in the sea. They were obviously enjoying the sea and sun. After a while the rest of the family arrived and father held out two pairs of trunks that the lads then put on.

When we arrived our rep told us to check the inventory in the apartment as we may be charged for anything that was missing at the end of our stay. We

discovered the flex of the two-ring cooker was damaged and a couple of ceramic hooks in the toilet/shower were broken.

First thing Monday morning - around 11am - there was a bang on the door. Wearing only a towel I opened the door to see a tall man wearing a full length royal blue robe with a crucifix on his chest. He pointed into the flat and gabbled a few words of Greek. Wondering if it was a special saint's day and he had come to bless the apartment, I let him in. He went straight to the cooker and looked at the flex. I then began to think that a long, blue robe was a strange garment for an electrician to wear!

He picked up the cooker, tucked it under his arm and made for the shower room. Looking at the broken hooks he then pointed to the plastic replacement muttering something in Greek that was probably "If you've got those, why do you need those repaired?" and swept out. Our rep came in soon after to explain he was the local priest and the owner of the apartment we were in!

Clare wanted to hire a jeep to pose in, so we managed to get a hire deal which included 100km of motoring after which there would be a surcharge. As the island is only 32km long by about 13km at the widest point, we didn't worry about the surcharge. We drove up and down mountains and along tracks which were like scramble bike courses. We visited Gaviron, Chora (Andros Town) and Korthiou.

Beside one of the roads we saw an old ruined building next to a little church. I stopped to take some photographs and began talking to a man who was lighting a lamp in the shrine built into the wall of the church. He told me the church was dedicated to St Anna. When I told him Lottie's second name was Anne he was delighted. It seems the many tiny churches

that can be found all over the island are family ones dedicated to the family's patron saint.

On returning to Batsi we discovered we had driven a total of 142km and were charged with an extra 5,000 drachmas, making the total cost of the jeep and petrol around £65, but it was worth it!

Towards the end of the holiday, when we were both a golden shade all over, Lottie and I went back to Delavoyas one evening to take some photographs of each other. We arrived at the beach to find the last couple leaving - the beach would be ours. As we undressed and prepared to start shooting, a large luxury yacht flying the Red Ensign sailed into our bay and dropped anchor. We wondered what they made of two naked people photographing each other on the beach!

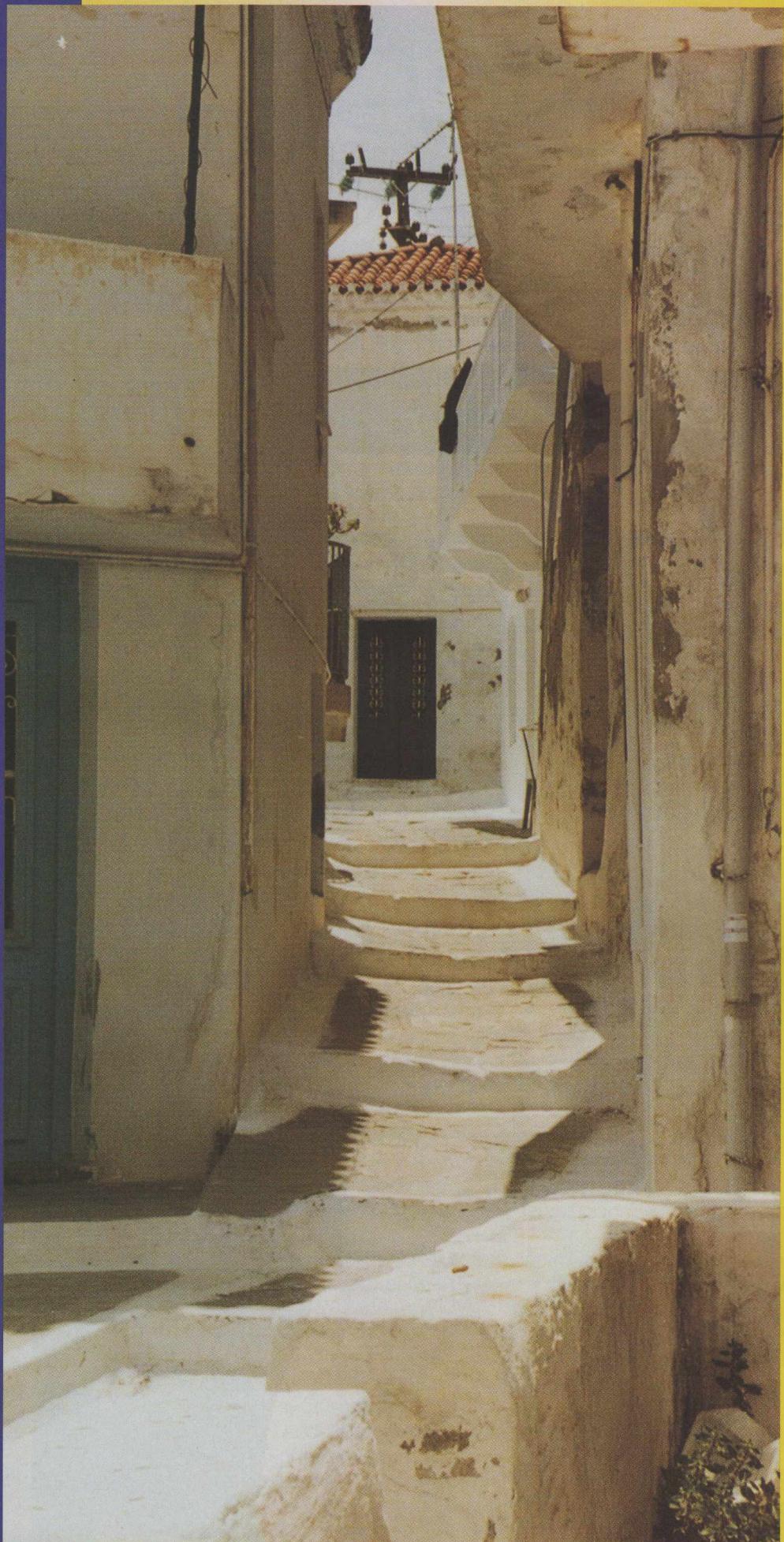
The holiday was over, as they often are, far too quickly and we were soon back on the ferry heading for the mainland. We're now planning our next trip to Greece. **HE**



**On the beach  
turn right and  
walk over the  
low ridge of  
rocks beyond  
which the  
beach is  
naturist.**



The village from afar and  
(above right) a typical street  
scene



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ALL AREAS

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**Robbert Broekstra  
marches his photoclub to  
Castle Vorden for some  
medieval naturism**

# Naked siege



Doesn't look like she  
wants to do battle

One Sunday morning we took off in the direction of Vorden, a town close to Zutphen in the province Gelderland. The weather forecast was good for the day, but with the chance of showers later. We were lucky - the temperatures rose to 28 degrees.

It can be busy around the castle with walkers and cyclists so we decided to try stripping off in the park itself. There were only a few of us as most of the photoclub members were on their holidays. The rape seed fields provided good backgrounds with their gorgeous yellow flowers.

The castle is typically 16th century with its square towers. The building also has two wings and at the front of the castle is a small square. The Renaissance influence wins completely over the Gothic forms.

The wooden bridge at the back of castle was closed due to deterioration. The castle is now in use as a town hall for the town of Vorden and newly-weds often pose on the front steps.

The surrounding park provides enough opportunity for photography when it's a quiet morning, but during the afternoon we had to wait to avoid onlookers. It only rained once and the rest of the time was spent in the sun enjoying nature.

# NAKED LIFE - THE WAY YOU LIVE IT!

## How to get there

Take the E35 to Arnhem then continue to Zutphen on the A48 in the direction of Lochem on the N346. Look out for a sign for the N319 and that road will take you directly to Vorden. The castle is located just on the outskirts of the town.



### What a load of **boules**

Is petanque set to become the biggest thing down the naturist club since miniten - and why do the French pretend they invented it?!

Petanque, or boules as it known to many, is making an extraordinary comeback to the UK and is poised to become the cult sport in this country after years of being played in France. In 1588, legend has it, Sir Francis Drake was playing bowls on Plymouth Hoe. If one examines the contemporary paintings it can be seen that Drakes group were playing with small metal bow cannon balls on a gravel surface. Some paintings even show Sir Francis tossing the ball, not rolling it. This sounds more like petanque than bowls. There were no records or paintings of any game remotely similar in France until much later. In fact, boules was so popular in England that it was outlawed by an act of Parliament. Before going further, a small confusion about the name of the game needs clearing up. Boules is a general term for a range of roughly similar ball games, of which petanque is nowadays the most widely known and played. Petanque is now increasing in popularity throughout the country. Kent is without doubt one of the strongest areas with the Kent league in its twentieth year. There are now around 320 registered clubs in the UK with approaching 5000 licensed players. The question is, why has the sport come back across the channel where over 500,000 Frenchmen make petanque the second largest participant sport in France behind cycling?

### Soleil continues to shine

Regular readers will know that the Soleil Naturist Group began in July in 1996 and held its first swim and sauna in September 1996. The group is now into its second year and is expanding rapidly with 110 adult members and 25 children on its books. The group has had a very successful first year, becoming a member club of the CCBN in March 1997. This October it hosted the CCBN Eastern Region's badminton competition and swimming gala at its home venue, the Manor Leisure Centre, Whittlesey, Peterborough.

Soleil has always been a forward looking, no nonsense club - if you're a naturist, you're welcome. As well as gaining a reputation for being a friendly club with the best facilities in the area, it is now looking to the future, planning new venues on a grander scale.

Up until now the club has concentrated its efforts on its swim and sauna venues, together with arranging visits to other clubs, and to larger venues, such as Doncaster Dome, Watford Springs and the Mansfield Water Meadows. Starting next year the club will have its own social club and arrange dances and theme nights for its members and guests, as well as its normal swim sessions.

Additionally, it will provide further outlets for naturists in the form of larger venues, to be run four times a year initially, at the Bedford Oasis, the Dolphin Splashdown at Milton Keynes and the Abbey Leisure Centre at Selby North Yorkshire. Information on these events may be obtained from June and Norman, Soleil's proprietors, on Peterborough (01722) 562294.

# NAKED LIFE - THE WAY YOU LIVE IT!



## The smoothest event of the year

**John Hale enjoys  
Mansfield Water  
Meadows in some  
very special company**

The longest day of the year, June 21, was a very special day for members of the year - old naturist club for Smoothies - Smoothie Club Leisure (SCL). The aims of the SCL include the meeting of club members, rather than just corresponding with like-minded people. The organiser has previously arranged a schedule of events such as naturist swims open to all naturists which SCL members have attended.

This day, however, was quite different. Paul from Nottingham, the organiser, had obtained the health suite as the state-of-the-art Water Meadows complex in Mansfield for the exclusive use of SCL members and their partners for the whole evening.

All together, four couples and six singles came from far and wide - the furthest came from Woking in Surrey, though one couple had hoped to come from Scotland but sadly didn't make it in time! The health suite, comprising two saunas, a steam room, a Jacuzzi, showers and a large area filled with padded loungers proved ideal in size and we made use of the facilities to the full.

We soon all got chatting and not only about being smooth, most was just friendly conversation made in the relaxed knowledge that whoever you spoke to would enjoy talking to a like-minded Smoothie.

Photos were taken to mark this first exclusive meeting for SCL members and we celebrated with coffee. Then all too soon 10pm had arrived and we all reluctantly had to put our clothes back on until a similar event could be organised later in the year. Thanks to staff at the Mansfield Water Meadows for being so accommodating to Smoothie Club Leisure members who, in turn, showed their appreciation by declaring the evening a resounding success.

If you are a Smoothie and wish to have details of SCL, send a first class stamp  
to: SCL, PO Box 16, Hucknall, Notts, NG15 6SZ

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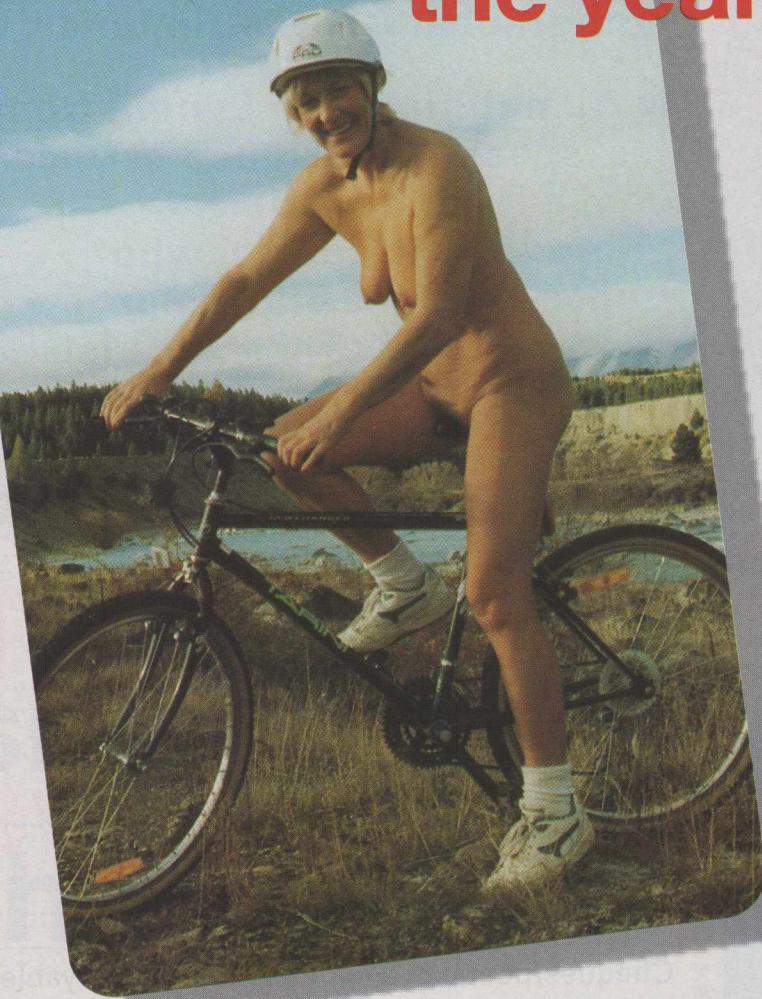
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# INIC awards 1997 - report Robbert Broekstra

## Woman of the year



This year the Woman of the Year award went to Kay Hannam, president of the New Zealand Naturist Federation. Kay is one of those rare naturists who speaks her mind. She speaks freely about subjects like sex, eroticism and piercing as she feels it's all a part of our naked lives.

In the latest issue of the New Zealand Naturist she says, "Shout it from the rooftops! Whilst I respect other people's freedom, I feel we shouldn't allow our freedom to be restricted by old-fashioned prudery, extreme conservatism or hypocritically moral ideas. We should be aware of the responsibility we have as nudists to protect this freedom for ourselves, our children and others worldwide. Go natural, clothes-free recreation. It's a lifestyle and we should be shouting it from the rooftops".

Have you ever heard any president of a national federation talk like that? What a fresh wind is blowing there in New Zealand. How fortunate that country is to have such a representative. I met Kay some years ago while visiting Pineglades Club. At that time she was the PR officer and fulfilled her job perfectly. I remember Waitango Day when the local fire department played volleyball against the club, then Kay was already a president in the making.

Congratulations Kay and we wish you lots of luck.

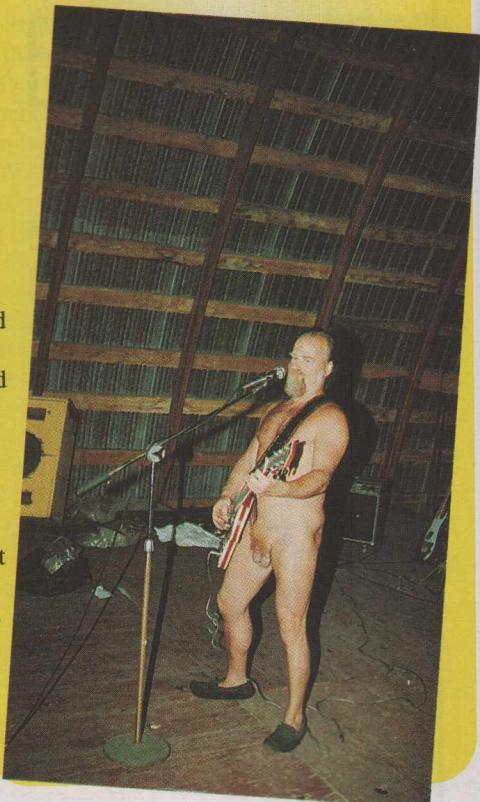
## Man of the year

Peter Riden at his own "Grand Barn" in Ontario is the Man of the Year. He has been publishing his magazine "The Affiliate" for more than 10 years and is the most open-minded naturist magazine you can buy, where everyone can vent their views and opinions on any subject. It may not be everyone's cup of tea, but the warm-hearted community is an example for the whole naturist world. There's no waffle, no red tape, just an openness and honesty they fly high from their flagpole.

Peter is a former rock singer and guitarist who still grabs his guitar with some of his buddies at the drums. You can hear them almost daily when they take a break from work. Naturists from all walks of life are welcome at the farm and Peter always lends an ear to those who need advice, as I experienced myself.

Peter still has a dream to have apartments in his two big silos which can be seen from the Trans Canada Highway a couple of kilometres away. Peter has also dug himself a lake called "Desire Lake" which may be used as an airstrip in the future for some of his members that fly in from the USA and Canada.

I wish Peter lots of success and all those that live at the Grand Barn. A slogan which is repeated all the time when kids fight or argue; this is a house of love. Good luck Peter.



# NAKED LIFE - THE WAY YOU LIVE IT!

## BURNING ISSUES

Just listen out at the club or the beach and hear the exciting and diverse opinions on naked living. At H&E we know our READERS aren't ones to keep quiet, so we want to hear your views on a range of controversial topics. As well as printing the usual things that get you STEAMED UP, each month we'll put forward an issue of our own and ask you to send us your advice, OPINIONS or response. Come on, get writing; let those SPARKS FLY!

### Our Burning issue this month is . . .

Is Britain the worst country in Europe when it comes to stripping off in winter?

#### Break the ice

Blaming the terrible state of winter naturism in Britain on the weather is so pathetic. You only have to look at Scandinavia and Northern Russia to see the most freezing temperatures don't mean you have to resolutely keep your clothes on.

It's typical of the British mentality that we're such a miserable lot over here. In fact we don't know how lucky we are with the weather compared with the aforementioned regions. Maybe it simply isn't cold enough for us. Perhaps if we had some frozen lakes to crack open so we could dive into the icy water we'd show a little more enthusiasm!

RV Devon

#### The way forward

For a country that suffers such abominable winter weather, why don't we

have the facilities to cope with it? Surely something along the lines of a naked Centrepars or an indoor Cap d'Agde would be the way forward for Britain and help us lead the way in Europe.

Events held at indoor leisure centres are certainly a good start, but we need something permanent, offering accommodation, where one can relax rather than have round on waterslides.

TC London

#### Winter whinging

There's loads to do for naturists in winter. There are some great indoor events organised throughout the country and if you live in the right place club facilities aren't bad either.

Just as we like to moan about the weather, we can't resist moaning about winter naturism!

JT Peterborough

#### Strange relations

Last summer we went on a holiday to the French Riviera. As the beach in Nice is not a naturist one, going topless was our only option. One day we took the train to Cannes, a journey which is mainly along the coast. At one stage, the train was travelling slowly, giving us splendid views of beautiful beaches below.

To our surprise, on one beach everyone appeared to be naked. The next station was Antibes so we got off the train and decided to look for this beach. After eventually getting the taxi-driver to understand and receiving a few funny looks, he brought us to the beach we wanted. To our delight it was a naturist beach.

Being two women we had no difficulty entering and the feeling of stripping off completely was lovely. Naturally most of the people were French. There were a lot of single men and women but the majority were couples.

A few hours later we got talking to two brothers in their twenties from Ireland who were school teachers. They asked us out for a meal that evening before bringing us back to our hotel in Nice. They said they hoped they might see us on that beach again.

A month later they came over and stayed with us. It was the first time both mum and I had naturist partners together in our apartment and it was great. Two months after they returned to Ireland mum moved over with them, she is planning to marry her "bloke" next August in the town where we met. I have no plans to marry his brother yet but we still see each and one day I could be mum's sister-in-law!

FD, Dublin

#### Make my dreams come true!

Thanks to H&E I live in a dream world. I have had unacknowledged leanings toward naturism for years and the day I purchased my first copy of H&E, I started to realise my dream. Like anything worthwhile, one always encounters snags which makes any achievement seem that much more worth striving for.

I just love tucking into bed in the buff with the latest copy of my favourite magazine and entering another world. The articles are so varied and the pictures cover of multitude of lifestyles and sizes and

shapes, all with the same thought; to enjoy life and nature. Being rather well-proportioned, I have always felt at such disadvantage but through this wonderful publication it becomes apparent that size and shape are no deterrents from this wonderful world of naturism.

My dream world has to remain very discreet. Through your pages I was introduced to a couple of swimming clubs and they welcomed me with open arms, even though I had to go alone. I haven't been able to persuade my husband although he doesn't object. The first time I experienced nude bathing was a wonderful moment. The total freedom has to be felt to be appreciated and the people I met were so friendly that I soon forgot that I was any different shape to even the slimmest body. My large breasts were an added bonus in keeping me afloat.

I have two grown-up daughters who are, I hope, realising something is afoot with their mama who has taken to wandering around with nothing on whenever possible.

TM Windsor

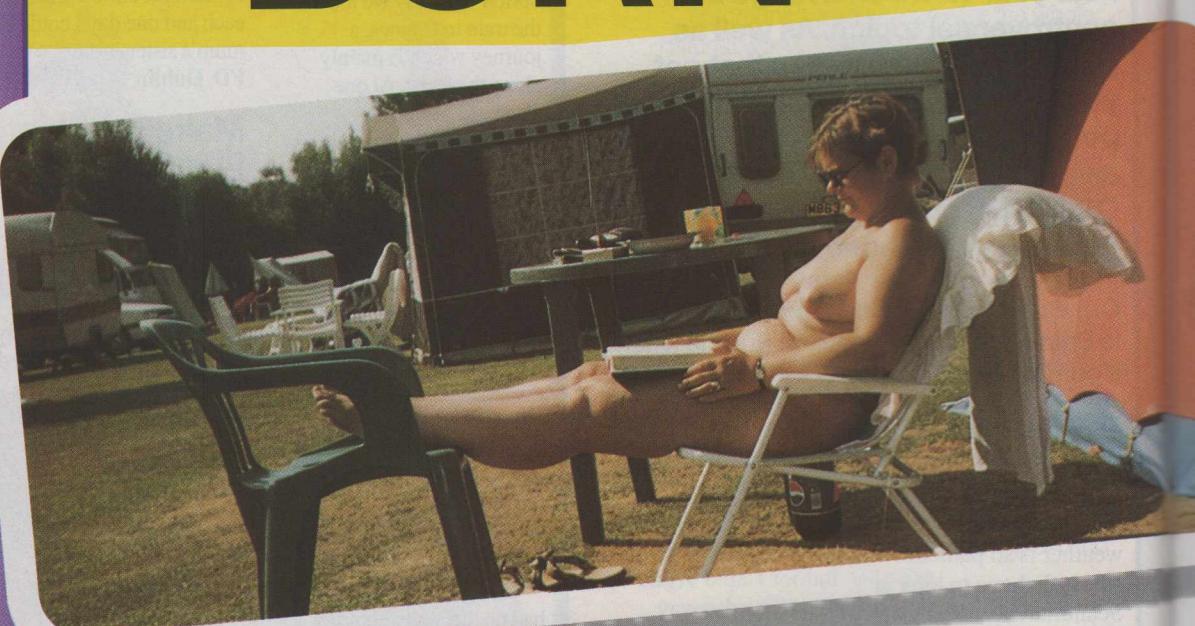
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# TO THE MANOR BORN

If you're after a naturist camp for all the family, Clive Rymer advises you can't do much better than Southleigh Manor



**T**he very first time we went to Southleigh Manor in Cornwall was by mistake. We had bundled the kids, three at that time, into the car along with two small tents, the minimum of accoutrements and tins of Coke. At 3am we set off on the 320 mile journey to Devon. We didn't have the largest of bank balances, but we had to get away. Our need for a holiday was great and immediate, so it was just a question of going.

Strangely enough, we hadn't even planned to make the holiday a naturist one. Our two eldest boys by Sharon's first marriage had been to beaches and clubs with us, but naturism wasn't a priority at that time. Moreover, it was a question of nudity being the thing that happened, rather than being planned.

Anyway, we made our way to Torquay and decided to find a place to camp. Although we were prepared to tolerate textiles, the reality became a nightmare. We tried to book into what we still believe to be one of the best textile camp sites in the south west but it was full. In a way we were delighted to find at an alternative textile camp site, that due to the heavy bookings, we were in a field up from the main camp.

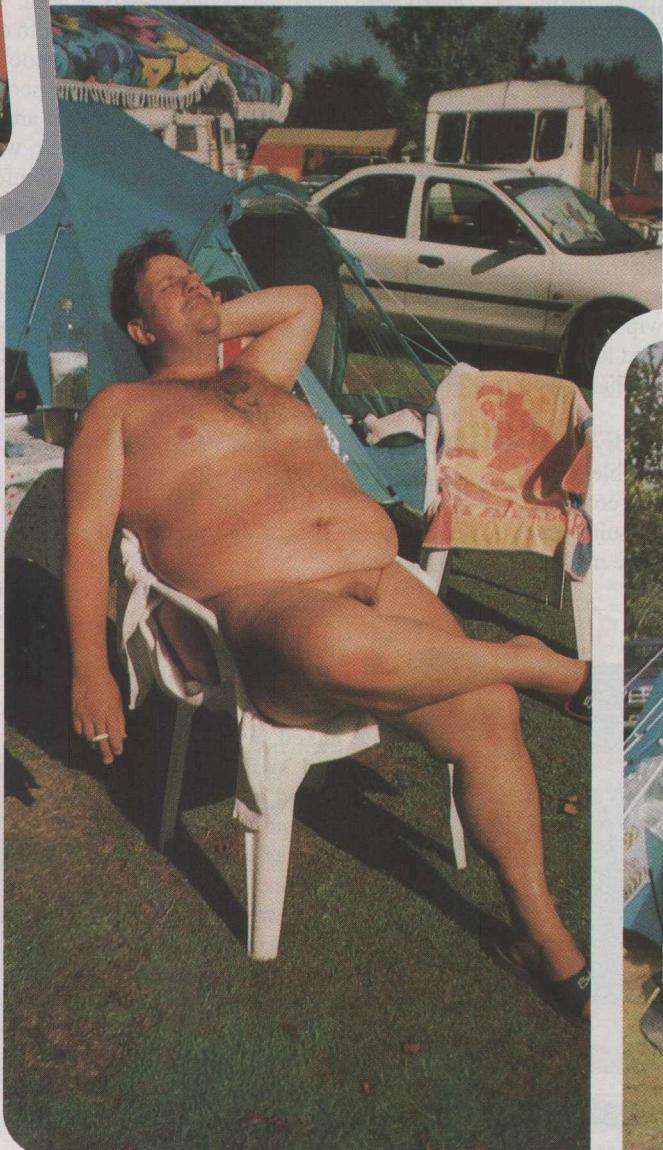
A chance perhaps to get naked away from the main throng, the camp proper was chock full of

shorts and bikini clad people, running and shouting. In our corner, we could strip off for a bit of sun bathing, we thought. The reality was that the grass was some six or seven inches high, making walking a chore and the walk to the toilets was a considerable distance. The amenities were so far that we even drove every time we wanted a pee or to get something from the shop. The nudity too was limited as more people were located in the already crammed site's "extension field".

It took this ordeal to bring me to my senses and consult the naturist guide book I had brought. To this day I can remember Sharon's disbelief that I, the one who had converted her to naturism, and used to preach the nude gospel had been so stupid as to not take this option first. I discovered Southleigh Manor and phoned to see if they could squeeze us in. Ann answered and yes, they could squeeze us in, as a couple had just left and there was a single pitch available. It was ours the next day.

The next day we got the hell out of the costume clad horde and drove the 70-odd miles to Southleigh Manor in Cornwall. Southleigh Manor is on the outskirts of St. Columb Major, roughly between Newquay (about 8 miles) and St Austell (about 10 miles). Ideally placed for a great touring holiday of Cornwall.

Back in 1991 we found Southleigh easily. Now ↗



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**"On each of our several visits we loved to just be naked; sunbathing and wandering naked for a swim"**

it's even easier. The roads are brilliant and designed with the tourist in mind. Access around the whole of the area is excellent.

We arrived at the gate and sounded our horn as instructed and Richard let us in for the introduction to the home from home. Ann and Richard are the married couple who own and run the site and the club.

We were shown to a pitch, made welcome and shown around the site. The toilets are adequate in number and spotless in condition, and had been when I'd visited back in 1991. The toilets are cleaned thoroughly at least twice a day and to at least the standard you would want at home. A shop, located by the play area, is open at strategic hours of the day. Those times vary with the number of guests and the time of year. I use the word guests carefully, because at Southleigh you're not campers or holiday makers, you are naturist guests at Ann and Richard's home. That's what makes it special.

Ann and Richard have a few static caravans (the number growing year by year) for hire and I understand these get booked up very quickly. They are spotless and fully appointed not only with televisions, but with cutlery, including all the bits and bobs you need, like the essential cork screw. Also tables and chairs for relaxing outside are provided with each caravan.

Most pitches have a tree or bush nearby and are more than adequate in size. Each pitch is big enough for a large caravan and awning and many have electric hook-ups and with drinking water taps nearby. Food needn't be a problem at Southleigh. Ann sells most of the basics including fresh bread and milk, home made pasties as well as newspapers and sweets for the kids, in addition to the basic requirements of the caravanning or camping naturist. Even the sinks for washing up have a couple of cloths left for wiping down after you have finished and loads of hot water is available to make the worst part of dinner easier.

There is an on-site laundry area, with washing machine, tumble dryer and an iron, even so I still couldn't get the wrinkles out of the suit I was wearing, but then God made me that way.

About kids. This is a family place - but not just for families as we have met some super couples, without kids at that stage, who have loved their holidays at Southleigh and gone back for more and more and... But the family thing is real. Kids are respected and looked out for. The great thing I love about naturist sites is that the kids, along with the rest of the guests, are locked in, via a key code lock. Only those invited then have access. A natural advantage of having to screen yourself from the outside world, is the in-built safety element. As long as you keep an eye on the kids for their general safety and the peace of others, they can wander to the logical limit of their abilities and age.

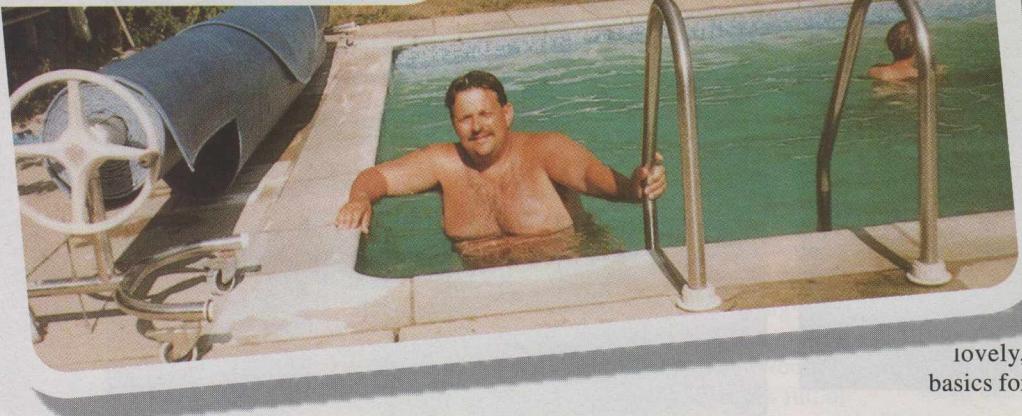
A lovely play area is central to the site and has swings and ropes and the main house has tons of books and toys as well, for when the weather isn't so kind. In the conservatory the kids can sit and read or build with bricks, or maybe use the pool table in the reception area. Many parts of the house are used for the benefit of the guests. Ann and Richard have their own space of course, but the lounge on the side is opened up several evenings for relaxation, card games and access to the sauna and Jacuzzi. On these evenings the children are welcome and food can be ordered, to save on the cooking and washing up at the tent or caravan. While it may not be comfortable for children in the sauna, there are toys available and pots of pencils and crayons to play with.

On the sauna nights you have access to the above facilities and the heated outdoor pool is kept open for dipping by floodlight. The pool is lovely. Tucked up a corner of the quieter area it has always been clean and well cared for, with many loungers and chairs provided for comfort and pot plants and trinkets placed for ambience, surrounded on three sides by beautiful shrubs and bushes.

The only time that access to the pool is strictly forbidden, during light hours, is during the off-site visits to a naturist swimming session at the Recreation Centre, in St.Austell. These sessions, a couple of times a week, allow you access to the swimming pool, sports hall with badminton, Jacuzzi and health/hydro therapy pool, all naturist, and afterwards people gather in the cafe/bar for laughs and prizes and raffles and socialising.

Most of the time on each of our several visits we loved to just be naked. Sunbathe and wander naked up to swim, then wander naked to the little shop to buy an ice cream to eat naked, while the kids play naked and swim naked and eat dinner naked in a place where it's quiet in the quiet places and fun in the fun places and just right in all the places.

My wife and children and I have been made welcome at Ann and Richard's home many times now and we try and plan a visit every year, work permitting. If you are a naturist reading this you know the feeling is good, here it's lovely, welcoming and friendly with the basics for any good holiday in the UK. **HE**



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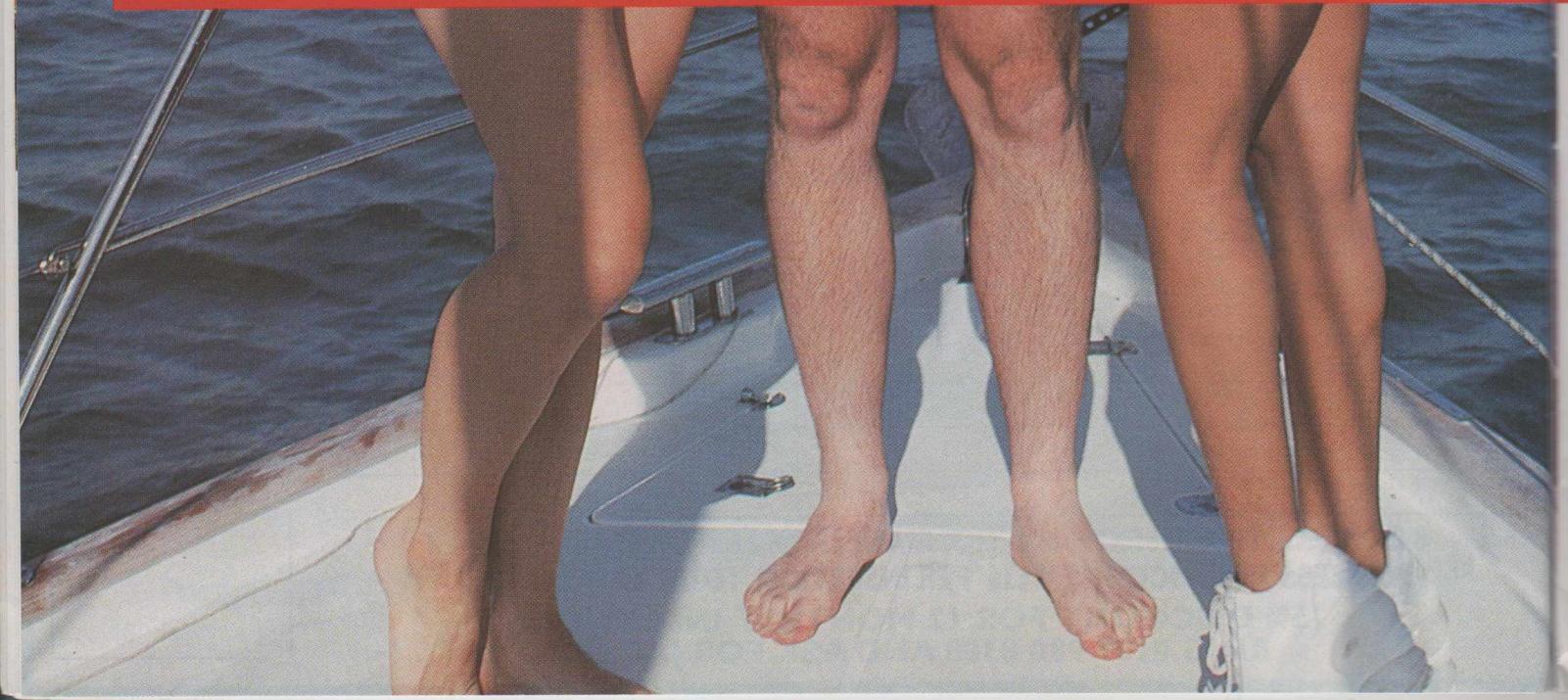

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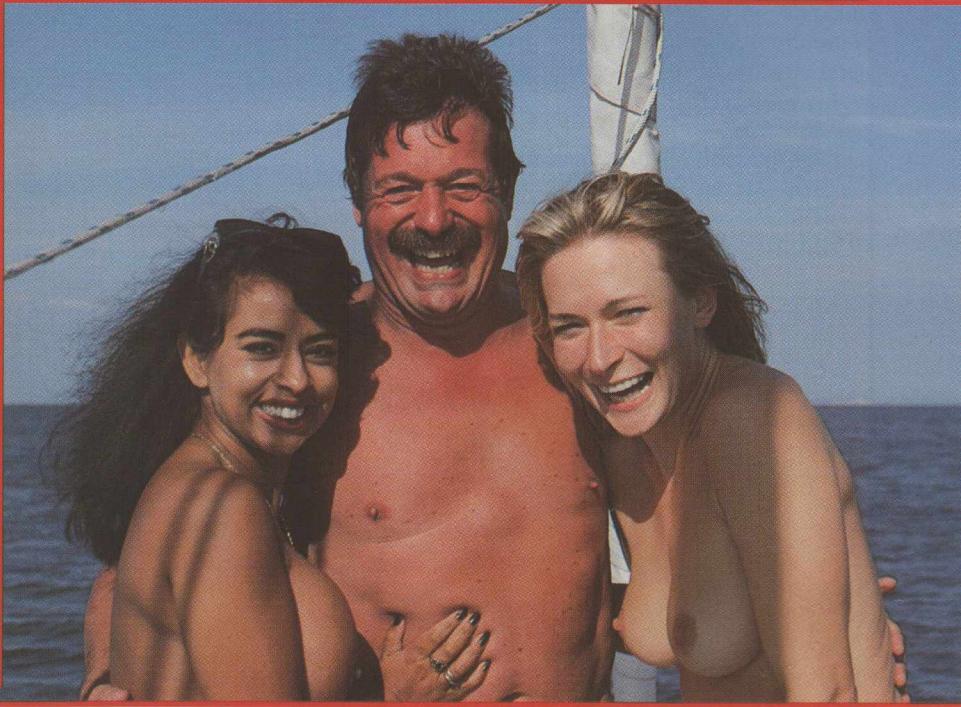
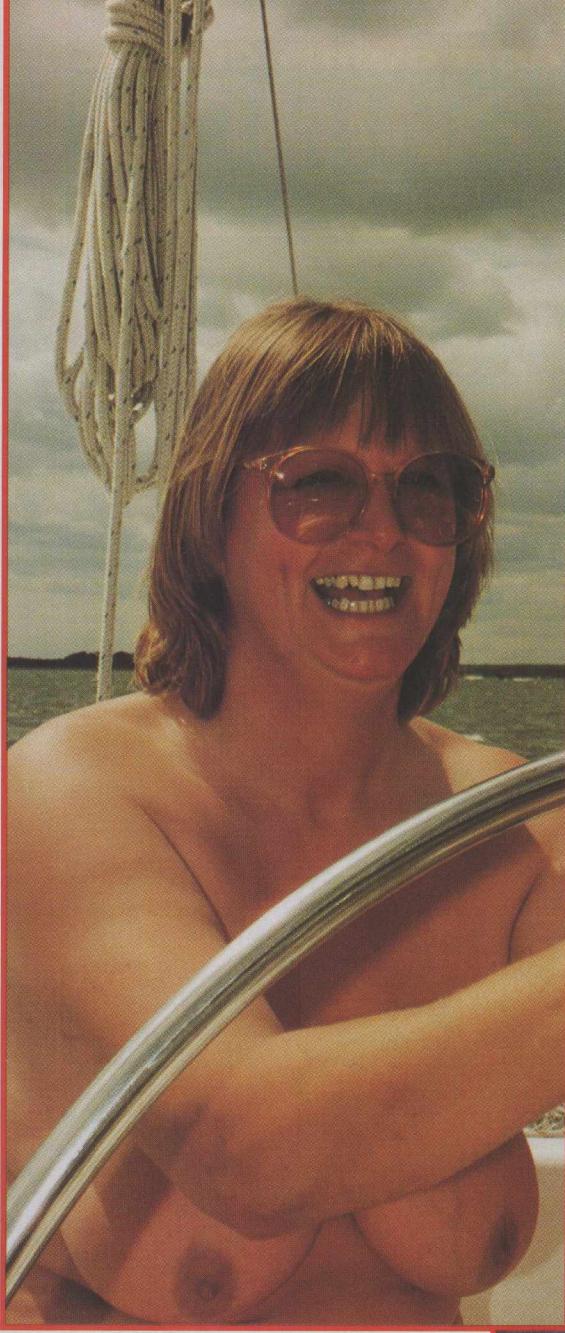
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**“Two hundred yards away no**





# “No one can see if you’re naked!”

**Charlie  
Simonds and  
crew upset  
the shipmates  
on Britain’s  
sunny Solent**

**A** couple of our films, “Bareboat Odyssey” and “Cast off With Cockatoo”, have already dealt with naturist sailing and shown what an exhilarating experience it can be. So I sat up and took note when I saw a letter and photo in “British Naturism” magazine from Sue and Steve Tyas of Solent Yacht Charter. They were offering naturist sailing opportunities off the South Coast.

Soon we were in touch and agreed to meet up for a couple of days of naturist sailing in July at their base in Haslar Marina in Gosport.

We also invited Angie, nautical naturist extraordinaire, to come with us, as well as Mark Nisbet, editor of “Starkers” magazine. Solent Yacht Charter was obviously an

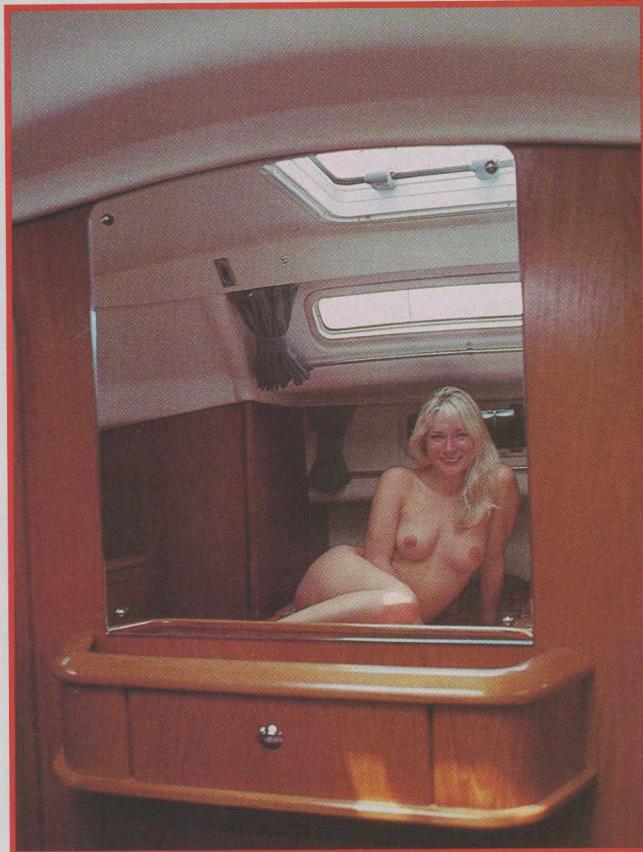
efficiently run operation with a fleet of virtually new boats available for either bareboat charter, or with an experienced skipper for those with limited sailing experience. In our case, we were to sail an immaculate Moody 36, “Seaspray”, which was less than a year old, superbly equipped, and which accommodated us all with room to spare. Both Steve and Sue are competent, experienced sailors, although Sue had the edge because of her culinary talents in the galley!

The wonderful thing about naturism on boats is that once you’re two hundred yards away from shore or other boats, no one can see whether you’re naked or not. We took exactly two hundred yards to prove that point.

# "all without awful sticky, clinging swim suits - it was perfect."

Being based in the Solent, I suppose it was inevitable we should head for Poole Harbour and Studland Bay. Poole Harbour is a huge landlocked area of tidal water where it's easy to find secluded, sheltered spots. While, of course, Studland is renowned for its fabulous naturist beach. The latter is a long walk from when you come by land but approached from the sea it's easily accessible. We enjoyed both the sailing in Poole Harbour and diving off the stern of 'Seaspray' into the sea off Studland - all without awful sticky, clinging swim suits - it was perfect.

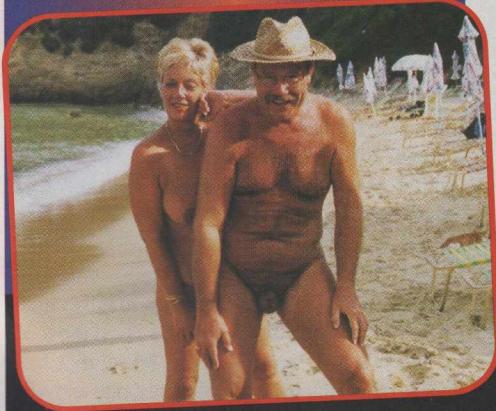
We filmed it all and you can see the outcome in our new film, "Free Sun Naturally". If you'd like to experience naturist sailing off the South Coast with a highly professional outfit and organised by two delightful, committed naturists, Steven and Sue, please write to them at Solent Yacht Charter, Haslar Marina, Haslar Road, Gosport, Hants, PO12 1NU.



# COMING NEXT MONTH

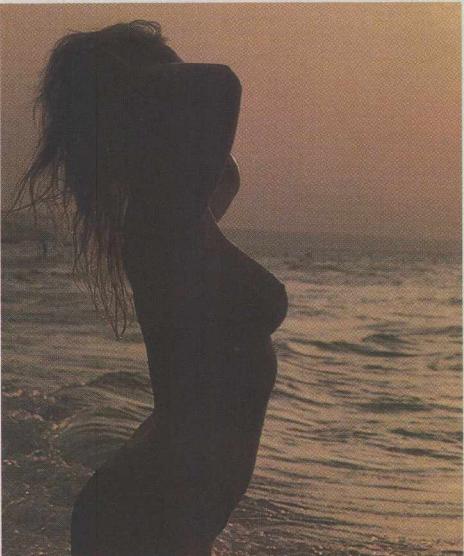
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FORMENTERA,  
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SKIATHOS  
AND... WALES?!



Out on 22 - 12 - 97

# Surviving Christmas - The Naked Way!



**"It's even harder for naturists. They enter the season of so-called goodwill with withdrawal symptoms. Hot lazy beach-days and sexy salads for two are fading memories."**

**C**hristmas is a rubbish time of the year. For a start it goes on too long. Writer P J O'Rourke said, "Christmas begins about the first of December with an office party and ends when you finally realise what you spent, around April 15th of the next year," but he's understating the problem. The first tacky crackers, black tarty panties and truck-sized boxes of Quality Street are parading the shelves in September. Money-frittering is part of the problem, but then we get ourselves stuffed into over-heated rooms with our dysfunctional families. We can identify each member by their foolish drunken waffle, gabbled gaffes, quantities of vengefulness and have to endure this smilingly for longer periods each year.

It's even harder for naturists. They enter the season of so-called goodwill with withdrawal symptoms. Hot lazy beach-days and sexy salads for two are fading memories. Roast chestnuts and a sauna with friends are nice, but don't quite hit the spot. Once the family is gathered, no sooner have we got the travel incidents disposed of ("Ooh, a person fell in front of the train at Penge, just fancy, doing that at Christmas of all times"), the gossip that can't wait ("Our Susan said that Kylie's got another one on the way, and we know that Kev can't be the father"), then the conversation turns to holidays. My friend Joe used to go to Yugoslavia every year for good value naturist holidays. His parents started to put such pressure on him ("Really Joe, what's so fascinating about that country - why not try Italy for a change?") that he started taking textile holidays in Greece and Spain just to keep his mother quiet.

Most of us toe the line. We yawn and giggle and groan our way through Christmas. We really should escape, but otherwise we need some diversions and stress cures.

By the time you read this it's probably too late to book your naughty naked disappearing act. But if you've the will, and the space in your credit card, you could try giving Peng Travel a ring on 01708 471832. They may just have a couple of flights and a room going in Costa Natura, Spain or Lanzarote. At least they'll send you their brochure so you can plan your post-Christmas blues recuperation.

If you've no luck or insufficient funds, try

**Have a really different Xmas - Stella Madison tells you how**

scouring the weekend quality papers for cottages. It's fair to say that by now, all the best ones will have gone, but you could be lucky and find somewhere you can hole up, preferably with your partner. At least you should be able to turn up the temperature, maybe light a fire, put on the mood music (radio's banned unless you want to get totally yukked out by Noel faves), and enjoy some romance. Ideally there should be snow outside and some woods to romp around in before snuggling back to mulled wine and mince pies.

Some food traditions are splendid, others are dreary. If you really salivate at the thought of dried out turkey, boiled brussels and bottled bread sauce, then it's the season for you. But these have become traditional fare due to the need to feed large quantities. If there's only two, four or even six, you have every excuse to enjoy what you really fancy. Why bother to cook a full Christmas dinner? Wouldn't it be more fun to accumulate all the things you really like, say, smoked salmon, chicken tikka pieces, marzipan petits fours - whatever you like - and simply graze all day? Rick Stein, the renowned bon viveur and fish restaurateur, has a fab recipe for Christmas prawn cocktail. To his tomato ketchup based sauce, his added festive ingredient is 2 tablespoons of single malt whisky. He says it gives the prawn cocktail "a subtle aftertaste of open log fires: just the thing for Christmas." Absolutely. Keep to hand some punch, a tray of drinks, and maybe some champagne in the fridge and plenty of mineral water, and you have a perfectly tailor-made feast. Who says Safeway's own cranberry sauce is the epitome of traditional Yuletide fun?

Many of us cannot escape the family Christmas. This is not all bad, and there are joys to be had in giving and receiving presents. I know. When I was a kid I received a doll's tea set three Christmases in a row from the same person. It's particularly hard at that age to contort your face into one of gratitude rather than deep disappointment.

Yet with kids we always seem to get things wrong. Fortunately most electric/electronic toys come with batteries and if not we're now clued up enough to keep some in stock. And most of us are switched on enough to know that last year's Take That hit will not please any teenage girl one year on. If you're unsure about what to

# IT'S CHRISTMAS!



**"Take 10 minutes in the bath, then spend some time rubbing in your favourite oils."**





# IT'S CHRISTMAS!

**“ To give presents is to show you care. More often than not you want to show off something about yourself. “**

give anyone under the age of 18 it's best to ask. Ask them - or ask their friends - or ask their parents. And then listen carefully. Don't court the disappointment one woman received who, delighted at her teenage niece's apparent sudden interest in cooking, was then amazed at the girl's bemused look on unwrapping a recipe book called "Favourite Spicy Grills". What the girl wanted, what she really really wanted was a book about her fave girl band, but her aunt had misunderstood.

To give presents is to show you care. More often than not you want to show off something about yourself. Perhaps it's your exquisite taste, your observation powers or the amount of money you have to spend. But if you have found yourself partying all the way to Xmas and suddenly want to buy your naturist friends some last minute somethings that acknowledges their interest, here are some ideas:

Subscription to H&E - can't get better than this.

Aromatherapy massage oils - shows you're sensuous.

Estee Lauder or other fake sun tan - it shows you really care.

Gold jewellery, such as waist chain, ankle chain - something to show her body off to best advantage.

Fab beach towel in rich show-off colours - for him

Sarong or pareo for her.

Waterproof money belt/bum bag - how can you surf without it?

Many of us believe in miracles at Christmas. We think, somehow, that this is the year we won't drink too much on Christmas Eve and won't be suffering from a "hold the fun" hangover in the morning. If there's a chance of you waking up like this, it's best to prepare your morning cure kit early - just in case. Naturally, drink as much water as you can swallow. Try some dry toast if you can, as it can help to calm your stomach. Herbal teas made of aniseed, fennel,

mint, rosemary, nettle or camomile are all natural digestive aids. To raise your blood sugar and improve the taste, add some honey if you wish. Two most helpful homeopathic aids are belladonna and nux vomica. You can buy these in tiny tablet form from most high street chemists and health food shops and they have no known side effects.

In cold weather we tend to drink more "fiery" drinks such as red wine, whisky, port and brandy. While these may seem rather more appealing than ice cold spritzers and gin and tonics, they tend to cause worse hangovers due to the amount of congeners they contain. For all drinking its advisable to drink as much water as you can manage before going to bed, but as an extra aid, buy some charcoal tablets from the chemist, and try to remember to swallow them the night before as these do absorb congeners. If you insist on the hair of the dog instead, on your own head be it!

After all this indulgence, you may long even more for places where you can be yourself. Fired by spirits, rankled by relatives and longing to escape, this might be the time to talk wistfully about your last naturist holiday, optimistically about the next one or you might even be in the mood for an argument. If you anticipate the weight of all your aunties coming down on you if you show everyone your photo album, consider not showing them anything. Neither is it a good idea to pull poor fairy from the tree and stick someone's naked Sindy doll to make your point. This is not the time to reveal your tattoos or your nipple ring. Christmas is the time where you either escape, toe the line or look for more creative diversions. Lump it or leave it is a good policy.

If you're lucky enough to have a partner, when the rest of the company have eaten and are belching and snoring their way through the afternoon TV blockbuster, you and your partner should disappear for a post-feast walk - head for the nearest green spot. About an hour should do it, then sneak in and upstairs to your bedroom armed with your aromatherapy oils. Take 10 minutes in the bath, then spend some time rubbing in your favourite oils. Always remember to follow instructions and in most cases never apply essential oils directly to the skin but dilute them in a carrier oil, or sprinkle them into your bath. Here's an excellent concoction suggested by aromatherapist Daniele Ryman. Mix together 2 tsp soya oil, 3 drops ginger oil, 3 drops wheatgerm oil, 2 drops savory oil, 2 drops clove oil, and 1 drop rosemary oil. Massage this into the spine, especially the lower part. Ginger is excellent for cold symptoms, aids digestion and is a warming stimulant, the whole concoction has aphrodisiac qualities too!

Before returning to the Christmas family scene, try 10 minutes of lying in a darkened room, concentrating on your breathing. I really mean meditating, but that takes practice. We can all benefit from some quiet contemplation though, and it can certainly put you in a better mindset to survive the rest of the evening. If at some point the thought enters your head that you really would rather be on some warm beach with a schmoozy, loving partner, just think - you've got all year to plan it for next time. **H&E**





V

venture somewhere exotic for a Christmas break

You are now entering

# The No clothes Zone

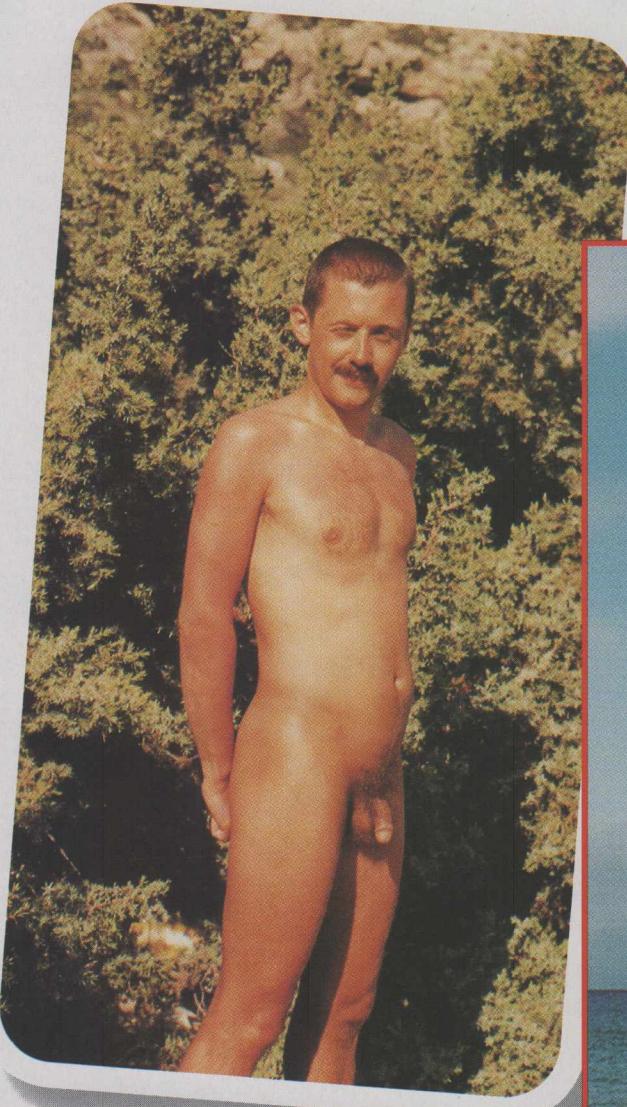


This is where we ask you to leave your CLOTHES BEHIND and follow us into the naturist sector.

If you're uptight, narrow-minded or scared of the HUMAN BODY we advise you go no further. This sector is for fun-loving naturists only - yes, that means YOU!...If you want to join us in the Zone then send us your picture. We pay YOU £15 for every PIC PUBLISHED.

(Now that's what I call an entrance fee!)

**VERY COLD OR VERY EXCITED!**

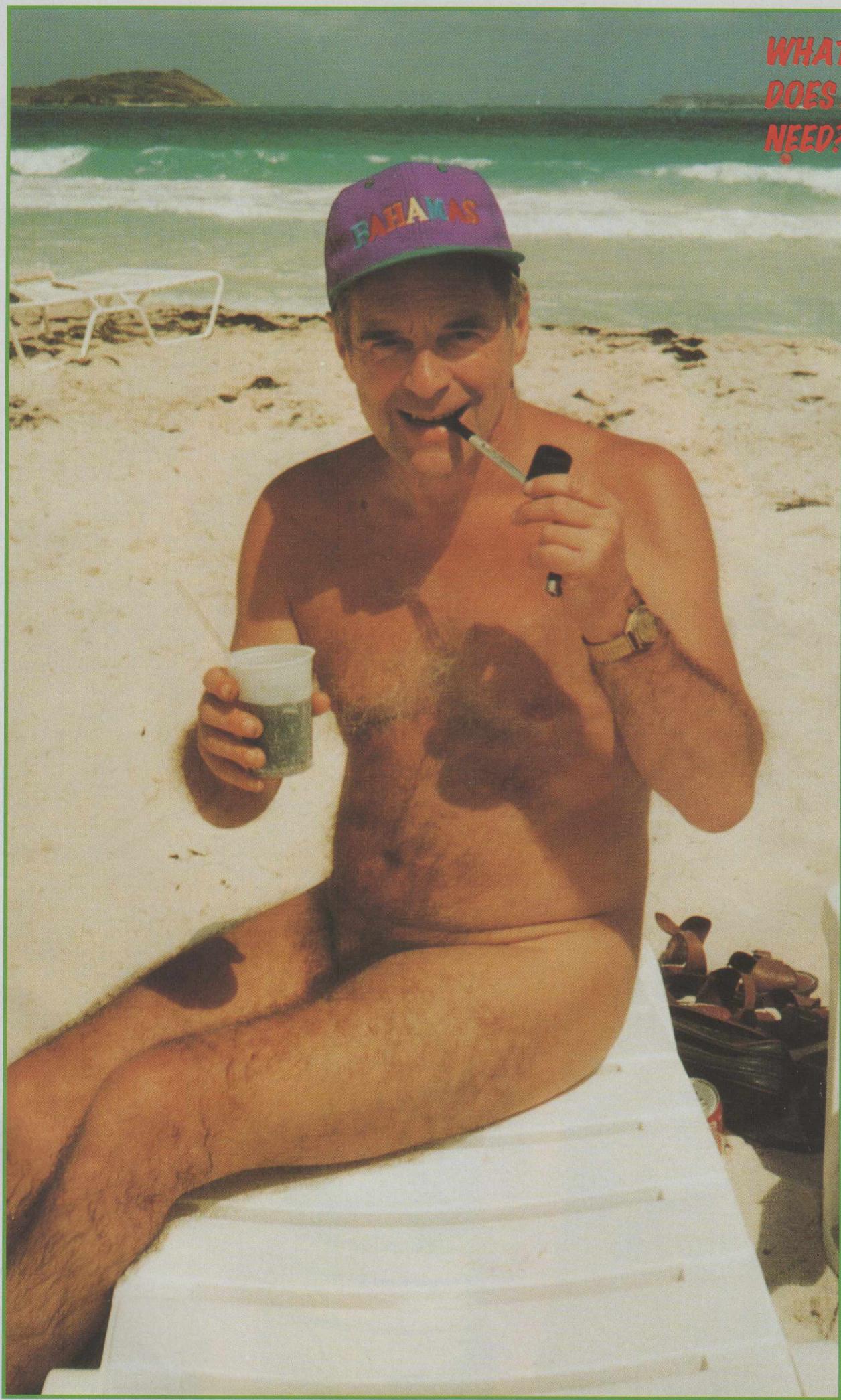


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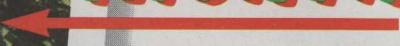
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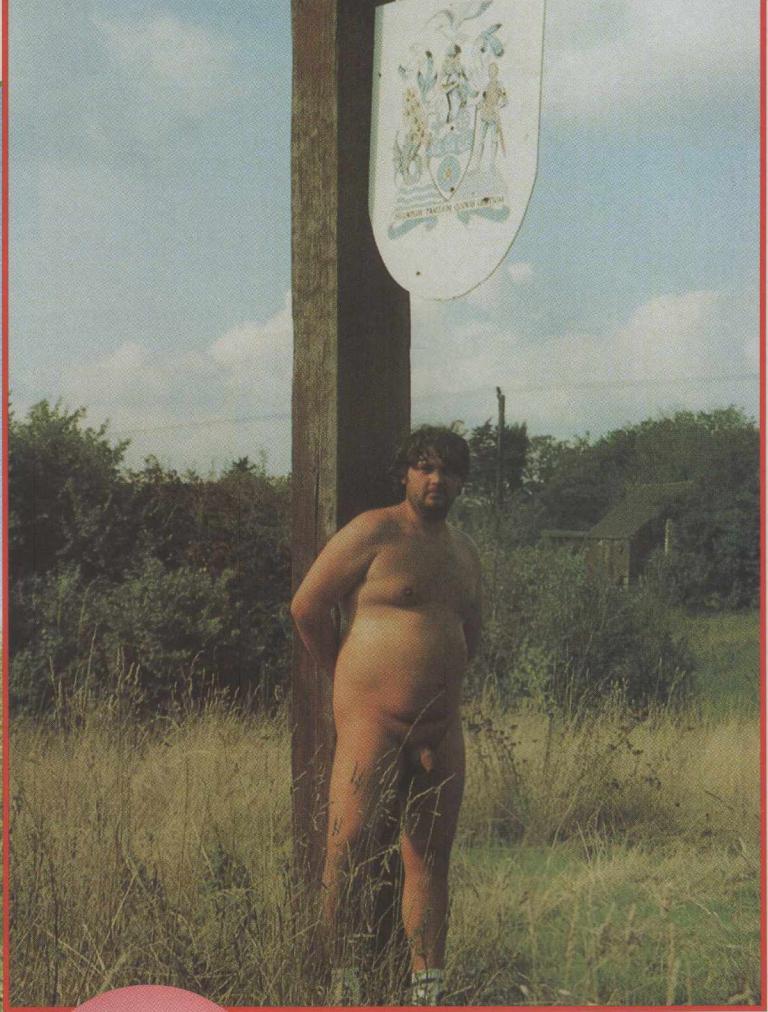
# **MAN OF THE MONTH**



**IT CAN BE CHILLY UP  
NORTH**

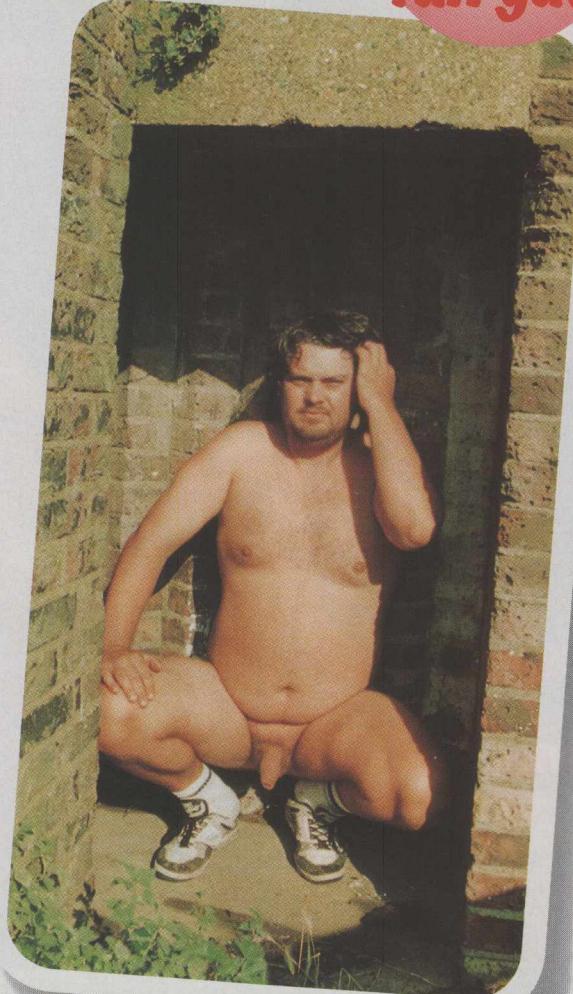


**THIS MONTH'S HUNK WOULDN'T  
LOOK OUT OF PLACE IN  
ANYONE'S GARDEN!**



**Clothes optional -  
fun guaranteed!**

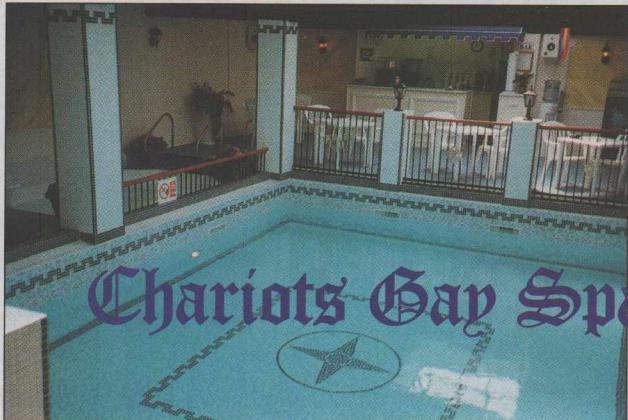
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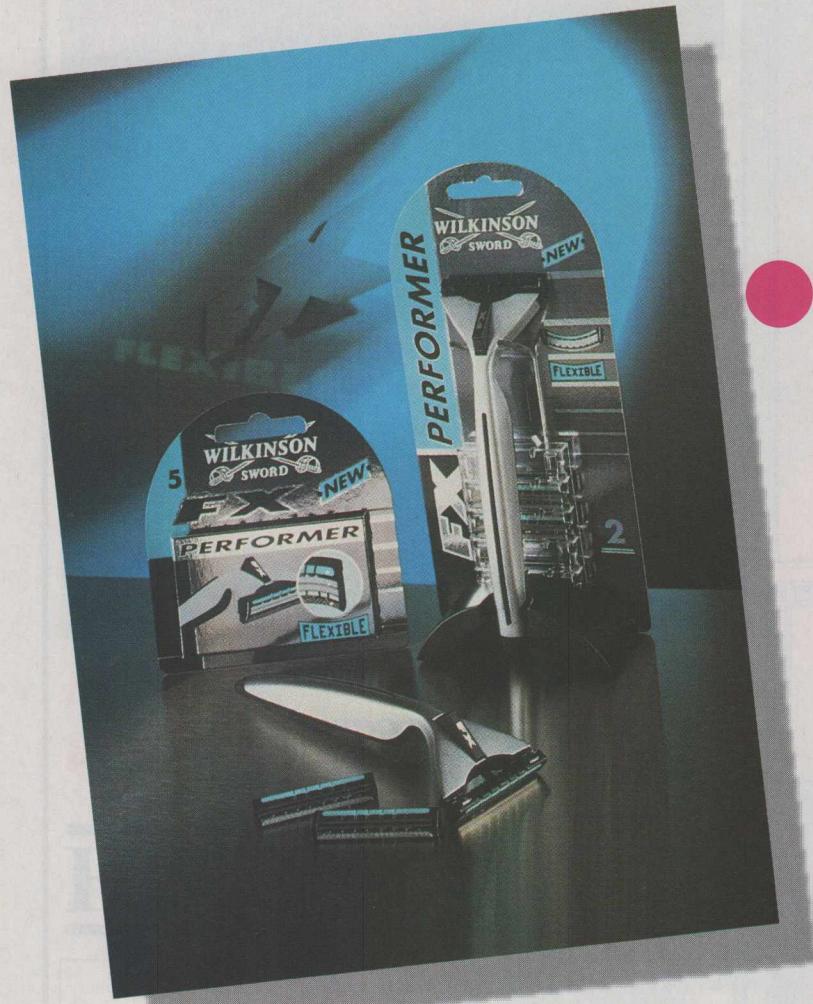
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# HEALTH BITES



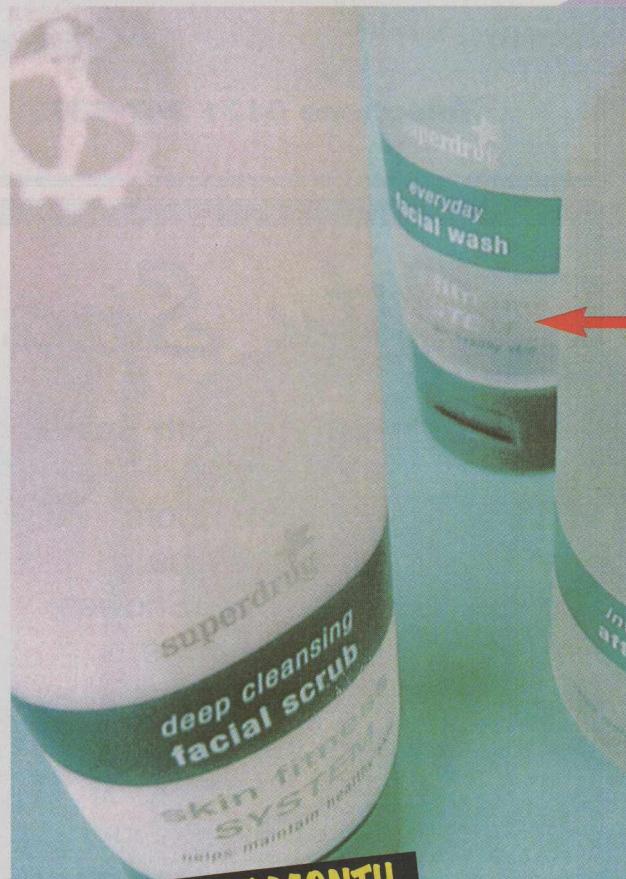
## That smooth touch. . .

New smoothies sometimes face sore skin after shaving. The newest razor by Wilkinson goes under the name of FX Performer, with three unique features. The Soft Skin Guard is supposed to stretch the skin and cushion the impact of the blades, which are totally flexible to follow the detail of your skin, and the lubricating strip with vitamin E and aloe vera is designed to soothe your skin and reduce razor burn. Incidentally, Wilkinson have also prepared some advice on how stylish new men should impress desirable women. These include shaving twice a day with the FX Performer (no surprise, that one), keeping fresh flowers in your flat (to show your sensitive side), hiding the porn mags, taking her to a "chick flick" rather than a Tarantino and burning candles and aromatherapy oils burners. A bit too smooth, perhaps?

## SQUEAKY CLEAN

If you hate that sharp minty taste from your toothpaste, why not ditch it entirely? Studies in Arizona suggest that you can brush your teeth using a dry brush which sweeps away plaque and food articles more effectively. You need to keep your mouth open to avoid any saliva moistening the brush.

Opponents to this method say that you lose out on the benefits of fluoride, stain removers and special enzymes found in toothpaste. The British Dental Association suggests you use both methods. In any case, it is more important that you use the correct brushing technique.



## HEALTH TIP OF THE MONTH

Grazing is good for you. By that I mean it can be more healthy to eat several small meals instead of two or three big ones. Research from Nagoya University in Japan also suggests that grazers can lose more fat, yet retain more muscle, which is clearly more useful for athletes as well as anyone concerned with their image. But six small meals should be healthy ones: three chocolate bars, a milkshake, and a couple of sausage rolls simply won't do.



## ADDICTED TO LOVE

Boys will be boys, but if young teenagers pursue their usual interests in sex, games and gadgets they could become addicted, warns a senior lecturer at Manchester University. Dr Ken Parsons has recently warned against the dangers of boys playing for too long on computer and video games involving sex symbols. He is concerned that too much activity with busty Lara Croft from the video game Tomb Raider and sex surfing on the Net could cause boys to become addicted, suffering symptoms such as nervous twitches. Good clean outdoor fun and cold showers (all to be found in your local naturist club) is probably what they need.

## And then again, to save your face

Men who are still feeling a little sore could investigate Superdrug's new Men's Fitness System. The range includes cleansing lotions, facial scrubs and after shave balm. I know there are a lot of chaps (especially older ones) who'd rather dive off an upward-moving rocket than buy some poncy preparations, but anyone who wishes to slip out for a bottle might be pleased that all products in this range cost less than a fiver.

IN BRIEF

### TRICKS OF THE MARMALADE... OOPS! I MEAN MEMORY

Psychologists from Reading University have come up with findings which show how diets can adversely affect your memory. They performed their study on a group of female undergraduates between the ages of 18 and 35. They also report that the result was not physiological (for example, due to lack of blood sugar) but psychological. Their conclusion is that these feeble minds can only cope with so much, and all those thoughts of food left little space to focus on other tasks. Really! Next thing they'll be saying that the female constitution is only suitable for staying indoors doing embroidery!

### NUTS ARE IN AGAIN!

Dieters were put off nuts long ago, due to their high fat content. Then came allergy scares when it was discovered that for a few people, eating peanuts could be fatal. Now a research team from North Carolina has linked peanut eating (by which you take in a lot of resveratrol) to lower cholesterol intake, and thus reduced chance of heart problems. Swings and roundabouts all the way. Pass the packet, please.

### MORE BAD NEWS FOR FAG ASH LIL

When any of us gave up smoking, we'd be heartened by the thought that the potential damage to our lungs would undo itself within a few years. But the latest study in Dallas, supported by the US National Cancer Institute suggests that while you reduce your risks when you give up, you will always have to live with increased susceptibility to lung cancer, and other smoking related diseases. This is mightily depressing for the reformed - and no great encouragement for the still-smoking.

### SOME WIFE-SWAPPING ON THE WAY?

Most couples hoping for a baby are thrilled whatever sex it turns up as. But if you're a little picky as to gender, take note of a recent study from Liverpool University involving 301 families. Here they discovered that men who have first born children with women over five years younger were doubly likely to have a son. Women with significantly younger male partners were in turn doubly likely to have a daughter. Nobody knows why, although speculation is rife. And results are not guaranteed, so think twice before you consider ditching your old cock or hen for a himbo/bimbo.

## Cool stuff

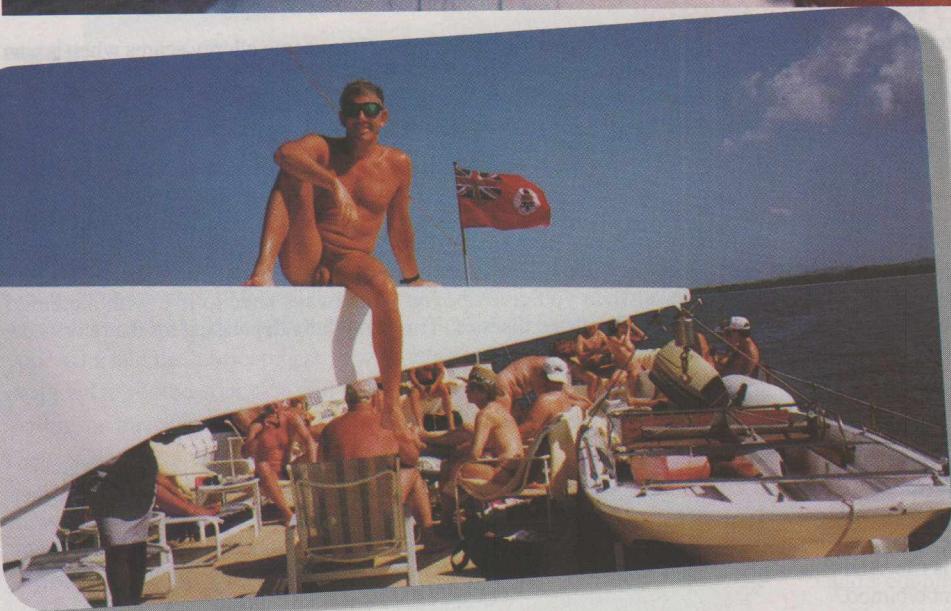
Health experts say we should all drink around eight pints of water a day. I suspect our national rate of water intake has greatly increased, judging from the number of people who don't leave home without clutching a bottle of still water. These do vary in their mineral content, though, and for at-home consumption many prefer slightly sparkling water. Complete have released a new range of spring water drinks under the names of "Balance", "De-tox" and "Relax". Available in 500 ml (45p) and 1 litre bottles (65p). They all contain added vitamins and minerals and those who want to check out the taste will need to visit Tesco.

### Beware of the banger!

- While the odd banger at the club's barbie shouldn't do you too much harm, it's best to restrain from wolfing the whole packet. A doctor from St George's Hospital, London has recently described a case of a 58 year old man who tucked away 10 sausages in 20 minutes and nearly died from sudden lack of blood pressure. Apparently the nitrates and nitrites used in the preservatives and colouring can convert to a substance which reduces the amount of oxygen in the blood. A banger every 2 minutes is certainly going some, more than anyone I know could put away, but someone with a really huge appetite... well you've been warned.

# SUPER-INCLUSIVE NAKED SUN

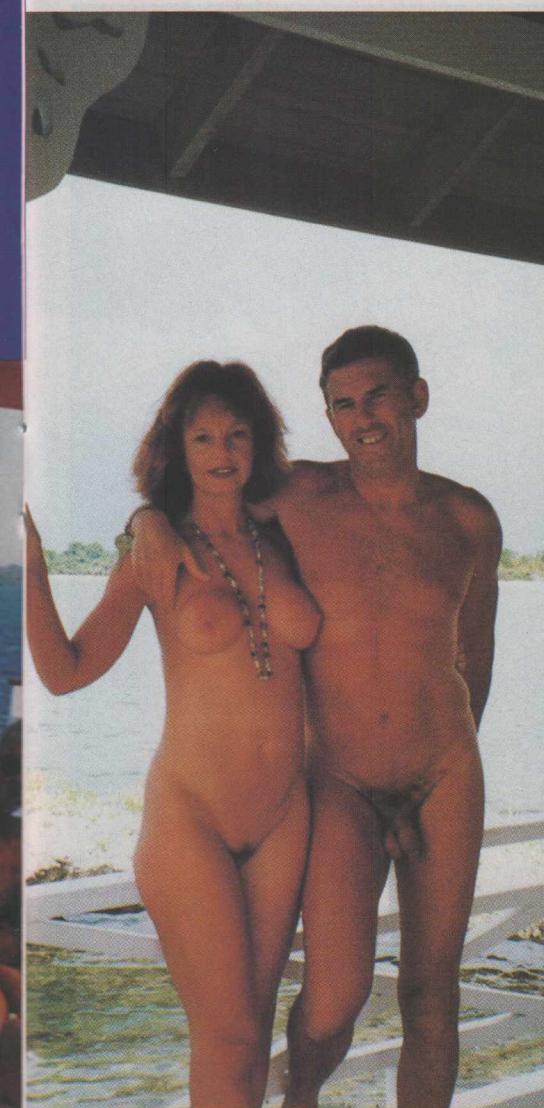
If you want the luxury of Hedonism II but are looking for peace rather than partying, Bob Firth says Grand Lido in Jamaica may be the place to pop your champagne corks



In 1996 we spent a very exhausting holiday in Hedonism II, so this year we decided to temper our annual visit to Hedo with one week of relaxation in Grand Lido. This resort is five-star all inclusive, just across the road from Hedo and also owned by Superclubs.

It was very easy for us to move. A porter in a small truck arrived, picked up our luggage, and transported it over to Grand Lido. We said a sad good-bye to our many friends who had gathered to bid us farewell and with some trepidation as to how we would settle into such a change of atmosphere, we crossed the security barrier and entered a world of true luxury.

Our room was not quite ready so we sat in the lobby drinking champagne from a never-ending bottle. We had asked for and



**"No more sex on the beach. No more  
outrageous clothes. No more wild parties.  
Just fairly normal people - we didn't  
fit in too well!"**

obtained a room over-looking the naturist beach, from where we could hear the sound of the waves lulling us to sleep every night.

Unfortunately, it also overlooked the nude Jacuzzi which switched itself on and off all night and which all but obliterated the sound of the sea. Having said that, we had no complaints about our room; a living area, huge bathroom, massive double bed and full length mirror on the wall (as opposed to the mirror over the bed in Hedonism).

Grand Lido is truly "super inclusive". One might expect most drinks and food to be free, but this includes all water sports (including scuba diving), laundry, entertainment from 10am to midnight or later (the entertainment staff are brilliant), eating in several different restaurants and, of course, drink. Drinks include champagne at any time, including brought to one's room.

To test this out we ordered a whole bottle

of champers with appropriate sandwiches at three in the morning after we'd be woken up by the infernal Jacuzzi. Five minutes later it arrived. There is no charge for this and tipping is strictly forbidden. There are three restaurants and an incredible nine bars.

After Hedo it was quite difficult to come to terms with the sober nature of this resort. No more sex on the beach. No more outrageous clothes. No more wild parties. Just fairly normal people - we didn't fit in too well! Certainly there wasn't the friendliness among the guests that we had become used to. Most couples tended to sit by themselves on the beach, including ourselves, but this after all is what we came for.

Owned by Superclubs is the yacht M.V Zein which was once owned by Princess Grace of Monaco, given to her by Aristotle Onassis on her marriage to Prince Rainier. ↗

This is now at anchor in the bay and three or four times a week takes guest of Grand Lido for cruises. One of these evenings is a sunset nudist cruise which we went on. Dress is very informal!

Once again champagne flowed freely and I have great admiration for the stewardesses who managed to carry trays of drinks up and down steep ladders without spilling a drop. The skipper is Wynn Jones from Swansea who has captained the boat for many years and kindly allowed Sue to take the helm for a while. Champagne on the rocks?

The resort is situated at one end of a long beach called Bloody Bay. It got its name from the practice of whales being brought ashore and butchered on its sands. The area is also famous for its female pirate, Ann Bonny, who was renowned for her savagery. It makes an interesting walk along that beach.

We passed a small section where there were several naked local men along various stretches who offered massage services to girls. One gave us a business card reading "Orville Smith - see the real Jamaica with the Iron Man - taxi driver and speciality menage-a-trois".

One of our most memorable sights was a woman with a plastic bag on her head to protect her hair, sitting in the water, her daughter happily building sand castles nearby, and her husband lying down on a log smoking the largest joint we have ever seen. Indeed, the smell of barbecues and "ganja" hung heavily in the otherwise clear air. Most guests stayed within the confines of the hotel and I'm sure were unaware of the delightful seediness only a few minutes walking away.

A typical day in the life of Grand Lido consists of doing as much or as little one



**"One of our most memorable sights was a woman with a plastic bag on her head to protect her hair, sitting in the water, her daughter happily building sand castles nearby."**

wants. Aware of the ease at which we gain weight, we were fairly energetic, partaking in scuba diving, kayaking, sailing, walking, weights and traipsing. Tennis, windsurfing and water-skiing are also available.

The food was excellent. There is a choice of restaurants each specialising in different dishes. The Cafe Lido offers international cuisine; La Pasta is a more casual pasta bar serving a large variety of impeccable pasta dishes, and there is the elegant Piacere, where one can enjoy a superb range of finest French food on par with many of the best Parisian

restaurants. This is the only restaurant where a tie was required for a man and cocktail dress for ladies. We wished we'd had to dress up for the other places because Sue enjoys wearing pretty clothes and for five star hotels you would expect better. Not that it stopped Sue from wearing the tiniest of micro-dresses, much to the annoyance of many of the M&S-type ladies.

Grand Lido is undoubtedly the most luxurious all-inclusive in the world. There is still room for improvement in several areas. For instance the Sunfish sailboats

were of poor quality and one had to request premium drinks in cocktails, or else they were mixed with inferior locally produced spirits. Apart from that there wasn't much else to criticise. The level of service was first class and the quality of staff was superb.

For those who want a clothes-optional holiday away from the crowds, and who demand the best, then Grand Lido is to be highly recommended. I have to confess that for us it was a little too quiet and probably won't go back there - it's back to Hedonism next year! 

# CHRISTMAS PIE WOODS

H&E's New Club at Christmas Pie Woods in Kent will not be fully up and running until 1998.

However, in the autumn and winter, we will be holding workshops on various topics.

*The club lounge is also available for hire for get-togethers*

If you would like to be included on our mailing list for Club Events, please send the form below to New Freedom Publications Ltd., Bow House Business Centre, 153-159 Bow Road, London, E3 2SE

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• Midsummer celebration

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• Socials

\*Singles and separated evening

• Holiday French tuition

• Henna body decoration

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# Vicky



...areas. For instance the Statistically significant Belminosteroid

THIS IS ONE  
YOUNG LADY  
WHO CAN'T  
WAIT FOR THE  
FROST TO GO -  
SO SHE CAN  
GET BACK OUT  
AND GET BACK  
TO NATURE





**The Media beast**  
**checks out the Xmas**  
**files**

### NUDE SPICE

Forget the music, the movie, the megabucks and the crisps, the real story surrounding the Spice Girls is the ongoing battle to become known as Nude Spice.

Ginger Spice Geri Halliwell currently holds the title thanks to recently resurrected nude shots from her modelling days and her reliable inability to remain in her dress at public appearances. However Scary Spice (Mel B) made up some ground after being snapped topless (elevated to 'stripped' in the accompanying tabloid caption) in the exclusive resort of Portofino.

What's the betting the girls all sneak off to Cap d'Agde, Vera Playa or Hedonism just before the follow-up album's due to be released? And more importantly, how many fans might be tempted to follow these demonstrations of girl power by trying it for themselves.

## SHARK PRACTICE

Next time you feel the urge to skinny-dip in a cool, inviting lake, think again because it might not just be the voyeurs who find you irresistible. Teenager Jenny Pickles from Esher was attacked by a "shark" as she swam in a disused gravel pit in East Molesey, Surrey.

"This huge mouth grabbed hold of my foot and teeth as sharp as needles sank in. Its grip was so strong I began to panic. I kicked at it with my other foot and it swam off," said the terrified student.

Experts who examined the teeth marks said they were too large for a pike, and believe that the creature had been dumped in the lake after outgrowing a domestic tank.

Mercifully, Jenny's male companions, all members of Surbiton Sub Aqua Club escaped intact. "Some of the lads were a bit white-faced," she added, "they'd been swimming with nothing on."



### NO BALL JOKES PLEASE

The London Broncos rugby team, strapping lads all of 'em, claim to owe their success in the World Club Championship to their unique training regime of nude kick tennis.

The players, positioned either side of the goal post, boot the ball to each other. Anyone who drops a catch is out. Apparently the boys have so enjoyed training au naturel that the hours they devote to it have paid dividends on the pitch.

Coach Tony Currie explained the origins of their unconventional ritual. "It was Christmas Eve and we were breaking up after five weeks of winter camp in Queensland. The champagne was flowing. It was very hot, the sky was blue and only the wallabies were watching so we thought, nude tennis - why not? Some of the lads had stage fright at first but soon everyone got stuck in."

Meanwhile, at the Holiday Inn in Leeds Australian rugby star Jason Death was branded "childish and irresponsible" by team bosses after stripping naked and cavorting on the bar with several women. Death, a hooker with the North Queensland Cowboys was sent home in disgrace. Perhaps he'd be better off with the more liberal-minded Broncos.

# EXPOSED!



## CARRY ON, ER, CAMPING

Forget barbecues and cosy cups of tea, the latest craze sweeping Britain's caravan sites, says the *Sunday Mirror*, is group sex.

Apparently the caravanning branch of the Forum Society, an association of adult-interest groups, has been organising swinging holidays.

A spokesman said: "Many people think caravanners are boring but our members are incredibly sexy. They exchange photos, decide if they fancy each other, then meet up for swapping sessions or even group sex, depending on how large their caravans are."

Caravanning and nudity have long been linked. There is a thriving naturist camping and caravanning club, featured on Jonathan Meades' pompous TV series. The letters pages of caravan magazines regularly feature notes from naturists recommending sites and asking for more information on sites that allow nude recreation. Now, it seems, the stakes have been raised.

However the Caravan Club, the recognised "official body" is unimpressed. A spokeswoman revealed that the Club's 288,000 members would frown on such activities. "They have to abide by a code of conduct to be courteous to other caravan owners. I don't see how having an orgy could comply with that."

Anyone, whether you're one of the outraged 288,000, a Forum member or simply a nudie with a van care to provide a more realistic reply?



## SHORTSSHORTSSHORTS

### NEVER MIND THE MUSIC, FEEL THE HYPE

The video for Dannii Minogue's next release, "All I Wanna Do", reportedly contains a scene of "full-on nudity in the shower", much to the consternation of Dannii's relatives in Wales. They're refusing to believe their great-granddaughter's video will contain any "pornography", as they call it, until they've seen it.

### THE MILE OUT CLUB

Two drunks who went for a nude swim after a boozy night out were rescued after being swept a mile out into the Bristol Channel.

### THE BIG BARE YIN

"I think nudity is inextricably a part of my future, but I should be in better shape to do it." Billy Connolly talking about his nude scene in the Hollywood historical drama "Mrs Brown". The scene also required him to remove his nipple rings.

### HOW THE MIGHTY FALL

Sacked Teletubby Dave Thompson is now working as a nude balloon dancer. The ex-star of the BBC's cult children's series, fired for his "unacceptable" interpretation of the character Tinky Winky, remains unrepentant. "I've had it with Teletubbyland," he says. "The nude balloon show is hilarious and goes down a storm. There is no going back for me."

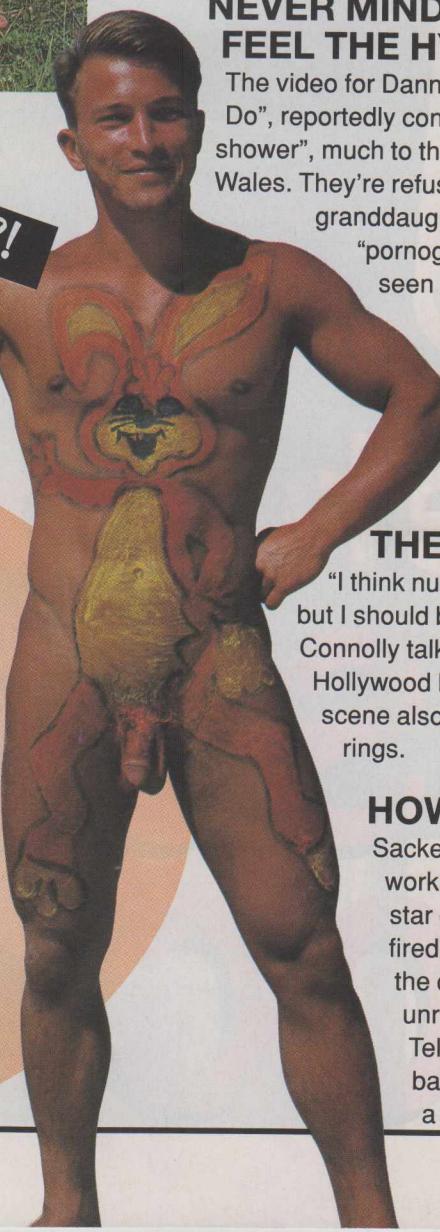
## PULLING BRUSH STROKES

Body painting is the new rock and roll. Not only does it neatly subscribe to the popular theory that the partially adorned body is more provocative than a mere nude but provides the tabloids with perfect picture stories.

British athlete Denise Lewis's appearance in a painted-on Olympic strip in the September edition of *Total Sport* was splashed all over the *Mirror*. So was a promo shoot for the 30th anniversary re-issue of Pink Floyd's 1967 album "Piper At The Gates Of Dawn". Six models, each with a Floyd cover painted on their backs posed by a pool. EMI were so impressed with the image they decided to use it for the new *Piper* cover.

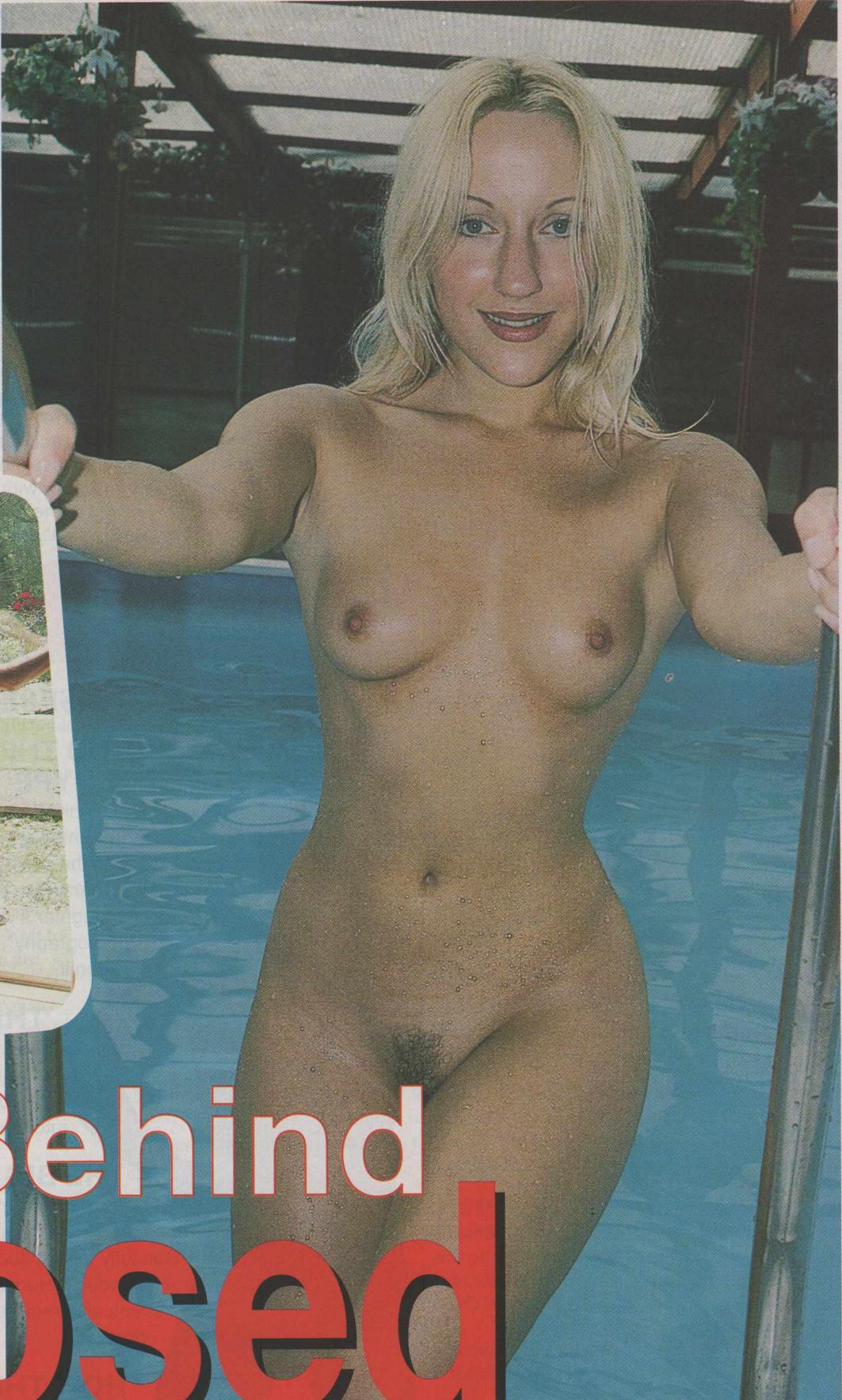
The Body Shop, appropriately enough, has been running ads for its new range of make-up by showing it painted all over a naked woman. "Show Your True Colours" runs the slogan.

It's time we capitalised on this new trend. How about everyone wearing painted-on costumes at Studland next summer? That way we could safely reclaim the nude area redesignated by the National Trust last year.



*The new rock and roll?!*

Katreya  
Somerville  
finds out  
what's in  
store for the  
nude  
indoors!



Behind  
**closed**  
**doors...**

everyone bemoans the poor climate for nudism in this country - and with good reason. To really embrace the spirit of natural living I

guess you have to breathe the fresh air amidst meadows and trees. Yet for anyone who's ever enjoyed the feeling of being naked with others, the idea of swimming with a costume, being restricted to saunas with your own sex or worrying about your towel slipping is frankly ridiculous.

Many simply want to enjoy the sensation of hanging out naked with others all year round.

Below, I've listed a number of venues where you can do just that. It's not a comprehensive list. There are still a number of naturist clubs who offer fair facilities but don't want to see new towels lying alongside them. There's little point in mentioning them.

Some of the venues listed still require you to apply for membership but I've included them

because they do want to encourage new members, already having advertising policies through magazines or on the Internet.

The clubs listed vary from city health clubs where nudity is normal, to small private establishments offering b&b in a naturist environment. Some clubs are efficiently run centres where a great deal of investment has gone into them; others don't have a site but do organise well-attended swims at popular sites.

If you are a club who offers indoor naturist facilities and feel missed out by this guide, do send in details so we can include you in future guides.

If you are interested in visiting any of the following venues, please don't just turn up. Always contact them first to check details.

## Open house

The following are run as private health/naturist clubs for which you don't have to be a member. They all offer facilities for indoor naturism and often other social events too. All accept single guests but not necessarily all the time. Some organise functions/evenings for couples only.

### Rios Club

**214 Kentish Town Road, London NW5.**  
**Tel: 0171 485 0607**

This club boasts two large Jacuzzis, two saunas, two steam rooms, a swimming pool and plunge pool. There are also sunbed and massage facilities. A winning naturist facility for north-Londoners - although people travel long distances to come. Opening times are Monday to Saturday 11am - 7am Sunday 11am - 11pm. The club is open to all, except on Saturdays from 8pm - 12pm when it's for couples only. It costs £15 for a couple or single man, £5 for single women. Soft drinks are included. A minute from Kentish Town tube station.

**Eureka Sun Club, Manor Lane, Fawkham, Longfield, Dartford, Kent DA3 8ND.** Tel: 01474 704418.

This club is open throughout the year. While winter precludes swimming in the outside pool or wandering naked through the extensive grounds, some simply turn up for the twice weekly evening parties. The club house has space for large parties/discos and an attractive aspect is the lack of rules. There's a sauna too.



As long as you respect others you are welcome whatever sex, race, marital status, decorative level you are. It costs £8 per day for men, free for women and children. It is open most days, although some parties are for members only. Phone and check first, also to get precise directions. (It's quite close to Brands Hatch race course).

**Bristol Gardens Spa, Bristol Gardens, Kemp Town, Brighton, West Sussex.**  
**Tel: 01273 698904**

This indoor club is a welcome winter warmer for those who've been bracing the bitter sea air. It offers a sauna, pool and Jacuzzi. Open daily 12pm - 11.30pm. Couples only on Saturdays and Sunday evenings. £10 per person, £17 per couple.

**Silverleigh Leisure Centre, London Road, West Kingsdown, Nr Sevenoaks, Kent TN15 6EX.** Tel: 01474 853438

Couples can make a weekend of it at this club, and many do. Goods things on offer here include a swimming pool, Jacuzzi, sauna, sunbeds, and exercise facilities. They do offer massage facilities, and even massage training facilities. They are open for day visits from Monday to Thursday from 12pm to 10pm, Friday 12pm to midnight, and Saturday to Sunday from 2pm to 10pm. Friday nights are strictly couples only, and the number of singles is limited throughout the weekend. At present they're offering a weekend package for £69.00 per couple, which includes half board and use of all facilities.

**Nureka, Yaughers Wood, Warren Lane, Hartlip, Kent ME9 7XL.**  
**Tel: 01634 263618**

Andy and Heather run this club with the same open door policy as Eureka. There is a clubhouse, lawn, and wooded area. It is open seven days a week, with parties on Wednesday and Saturday evenings.

**City Spa, 6 Leytonstone Road, Stratford, London E15.**  
**Tell: 0181 225 0505**

This indoor sauna/health club offers smart clothes-optional facilities for all. Cost is £15 for couples and single men, £5 for women - including free sunbed session. Open 11am - 11pm Monday to Friday. It's a few minutes walk from Stratford tube/BR station.

**Garden of Eden, Nevern Nurseries, Nevern, North Pembrokeshire, West Wales SA42 0NQ.**  
**Tel: 01239 820639**

Pool, sauna, video lounge, and parties available for singles and couples. Costs £10 per couple per day. Accommodation also available at £20 per single room, £30 per double.

**Tenko Naturist Health Club, Loughborough, Leicester.**  
**Tel: 0421 909388**

Sauna, steam room, and relaxation space. Couples and singles welcome.

## Membership clubs



These are naturist clubs which you generally have to be a member of to visit. They have good facilities for indoor naturism and the membership aspect shouldn't put you off if you're a couple or family. Singles may not be as welcome, although if you live in the area that doesn't mean you shouldn't apply. Some do have occasional vacancies. The problem is the usual one of trying to keep a balance of the sexes.

### **Charnwood Acres Country Club, Ratby, Leicester LE6 0LU. Tel: 01530 243958**

Privately owned club open throughout the year for a range of social activities.

Phone for info on membership and visits.

### **Blackthorns Sun Club, Sharnbrook, Bedford MK44 2NE.**

**Tel: 01234 782212**

Web: <http://members.aol.com/gordonkerr/thorns.index.htm>

Members club with good indoor facilities including swimming pool, sauna and social activities. They also arrange swims and saunas at other local venues.

### **Broadlands Sun Club, Brickle Road, Stoke Holy Cross, Norwich NR14 8NG.**

**Tel: 01508 492907**

Web: [www.paston.co.uk/broadlands/cover.html](http://www.paston.co.uk/broadlands/cover.html)

## A category of their own

### **Kingfisher Naturist Sunclub, Bagshot, Surrey Tel: 01276 452598**

A small friendly B&B offering sauna, clubroom, showers, and easy atmosphere to be naturist in welcoming indoor environment. Singles and couples welcome.

### **Roselan Sun Club, Tel: 01872 572765 Fax: 01872 571666**

Situated near Newquay in Cornwall, this small club offers comfortable and relaxed accommodation and naturist facilities. Two acres of grounds, a cottage with open beamed ceilings and wood burning fires. You can be naturist because it helps you to relax which is the main purpose of staying there. You can simply hang out in front of the video, enjoy a sauna or spa bath, or take advantage of the vast range of complementary therapies offered by the establishment. Stress reduction techniques, sports therapy, aromatherapy, healing and counselling.

### **Hallam Sun and Swim**

Web:

[www.sabliere.demon.co.uk/hallamss/hsshome.htm](http://www.sabliere.demon.co.uk/hallamss/hsshome.htm)

Well established naturist club with heated enclosed swimming pool, and enough facilities and social activities to enjoy a pleasant holiday there.

### **Bournemouth & District Sun Club, BDOC Holiday Centre, Matchams Drive, Matchams, Ringwood, Hants BH24 2BU. Tel: 01425 472121**

This club offers one of the finest naturist clubhouses, recently rebuilt, with a well-rated restaurant, satellite TV, and table tennis. It is idea for a naturist weekend away for a couple or family.

### **South Hants Sun Club, North Boarhunt, Fareham, Hampshire PO17 6JS.**

**Tel: 01329 832919 Fax: 01329 834506**

This splendidly situated and superbly equipped naturist club is an idea winter weekend retreat. Facilities include a heated swimming pool, whirlpool spa, sauna, steam room, relaxation lounge as well as bar and restaurant. It is used as a day leisure centre by local members. There are also holiday homes for sale. Couples and families are invited to apply for membership.

### **Spielplatz, Lye Lane, Bricket Wood, St Albans, Herts AL2 3TD.**

**Tel: 01923 672126**

Set in the heart of the woods, this is a haven for city dwellers who want to get some country air (just outside London!) A comfortable club house offers sun lounge and sauna and space to relax. Hire a holiday chalet or just visit for the day. Couples are particularly welcome. Singles are accepted but enquire first.

### **Surrey Downs, PO Box 75, Woking, Surrey GU22 7XB.**

**Tel: 0181 482 7126**

A small members club offering indoor facilities in winter during the weekends. Clubhouse, sauna, showers and beautiful outlook. Couples particularly are invited to apply for membership.

and there isn't a dedicated phone for queries on the naturist event.)

### **Doncaster Dome, Doncaster Leisure Park, Doncaster. For naturist info tel: 01723 503456**

This popular and well-equipped leisure centre hosts regular sessions for naturists. Water slides, steam baths, saunas are the big attractions. Clothes-optimal sessions held on every second Saturday of every second month from 7.30pm to 10.30pm. Everyone is welcome. £6.30 per adult, £2 per child.

### **Chariots Gay Spa, 201-207 Shoreditch High Street, London EC1 6LG 0171 247 5333**

Luxurious health club offering large pool, saunas, steam rooms, gym, TV lounge for gay men. Open Mon-Thur Noon to midnight, Friday and Saturday Noon - 9am next morning, Sunday Noon - 2am.

### **Naturist Dining club**

Web: <http://users.aol.com/terryphi/dining.htm> A free internet facility for naturist couples who would like to contact other compatible couples for nude dining and socialising in their homes. Just the thing for winter in Britain. Turn up the central heating, get your clothes off and enjoy a congenial meal in the nude with friends!

# IT'S CHRISTMAS!



## This party's been going on for centuries!

**"We've all forgotten the real meaning of Christmas" is the regular cry, yet few of us remember mid-winter celebrations go back further than Christ. Stella Madison looks back...**

**M**ost of us go mad at Christmas. We can find ourselves snogging someone under the mistletoe and over the filing cabinet, or end up with a year of Mastercard misery as we've spent all our dosh in a seasonal fervour. Naturist members of the more outré clubs bring out the scarlet knickers or leopard skin jock strap to attend the club Christmas party - it's often a fine excuse to expand sexual horizons as well as indulge the family. Yet this is nothing compared to what used to happen.



Many Christians regret that the true significance of Christ's birthday is forgotten, lost in the sweep of commercialism. Actually, we don't

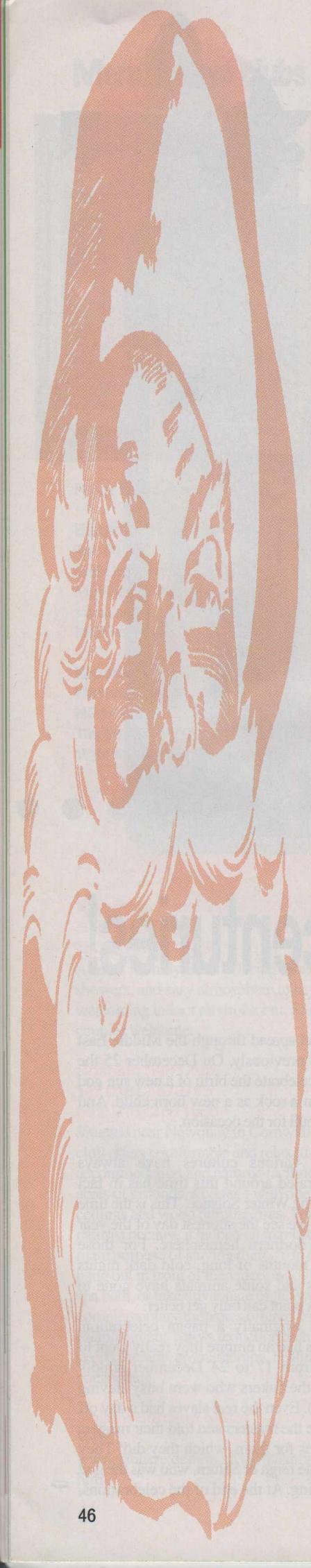
know for sure when Jesus was born, although the smart money lies with a spring or autumn birthday. Jesus himself would probably have joined in with village celebrations in December and not just because it was his birthday. He wouldn't have called it Christmas. It's possible his friends and neighbours were still influenced by the Persian cult of

Mithras which had spread through the Middle East around 300 years previously. On December 25 the Mithraeans would celebrate the birth of a new sun god who'd arrive from a rock as a new born child. And they'd sacrifice a bull for the occasion.



What various cultures have always celebrated around this time has in fact been the Winter Solstice. This is the time when we see the shortest day of the year in the northern hemisphere. For those who've survived months of long, cold dark nights when most plants and some animals have gone to sleep, things at this point can only get better.

Christmas was originally a pagan celebration. When the Romans had an empire they really went to town, spending from 17 to 24 December simply revelling (except the bakers who were busy slaving away at the ovens). Even the real slaves had a day off when they became the masters and told their masters to peel their grapes for them, which they did! They were celebrating the reign of Saturn, who was the god of grain and farming. At the end of the celebrations,



Romans celebrated the Festival of Sigillaria, whereby they'd give presents to each other, especially to the kids. Things like rings and other small objects, and they decorated their houses with evergreen plants such as holly and mistletoe - sounds familiar?

We still propound the myth of Jesus being born on December 25, even though it is patently wrong. This is because around 400 years after Christ's birth there was a great drive to promote Christianity - which hadn't really caught on well prior to that. They grabbed some existing pagan festivals, such as Christmas and Easter (whose date even now in western Europe is dictated by the position of the moon) and linked them up with stories about Christ. They too enjoyed any excuse for a piss up and a feast, so few complained about what it was actually called.



Virtually all the artefacts of Christmas also have pagan origins. The Yule candle and Yule log were brought in from the Teutonic and Celtic tribes who worshipped their god, Thor, well before any Christian light burning. The Druids considered holly sacred, as like other evergreens, they represented everlasting life.

The Romans too honoured the mistletoe, and often kissed under it!

Other countries around the world celebrate Christmas in their own traditions. Some non-Christian countries still celebrate Christmas. Usually an old man with a beard appears, candles are burnt, presents are given and songs are sung. Russia's Grandfather Frost looks remarkably similar to our Santa. Since the 1930s Japanese children wait for Uncle Chimney to appear on that special December day. In some African countries the advent of Christmas sees children prancing around town performing devil dances and skits - all to ward away evil spirits.

Christmas Eve has long been associated with magic. In some rural areas of Poland, girls still grind poppy seed on that night, hoping to find a husband. They then walk out and the first dog that barks tells them where they'll find their man. Cultures around the world have long associated it with fortune telling, and "seeing" into the new year, as well as "seeing it in". In Slovakia, an old Christmas Eve tradition was for the mother of the family to put a cross of honey on everyone's forehead, and then for all to dip a special Christmas waffle in honey and eat it with garlic. Then father would slice an apple, with a piece for everyone. He had to do this carefully, as anyone who had a piece with a broken seed was supposed to die in the next year. (I think I'll stick to Mystic Meg!)

Many of us feel truly jaded at the onset of rampant commercialism which appears each year. Others feel nauseated at the cloying sentimentality and sickly children's voices singing about Babee Jeee-sus. Christmas is also the time when naturists often compromise their principles due to family pressures and concern that they should go Christian for at least a few days of the year. In fact it is easier to indulge in some traditional rituals and enjoy a spirit of good will once you remove the guilt and the glitter from it.

## A HAPPY NUDE YULE TIME

Christmas celebrations are older (by around 4000 years) than Christ himself, so if the last few Christmases have irritated you more than sitting

naked on a sprig of holly, what about combining the spirit of naturist living with some real old friendly ways.

Have a naturist Christmas Eve party in the old traditional style. If you've got a real fireplace, get the logs burning. Otherwise wack on the central heating enough so people are warm enough. Swathe your home in evergreen - as much holly, ivy, mistletoe, rosemary and pine cones as you can procure, and as big a tree as you can find. Burn some incense. Keep the lights down low and light as many candles as is safe and possible. Try to hide aspects of modern living such as the TV. Music's fine, but baroque chamber music or Gregorian chants may contribute better to the mood. But then if that makes you feel morbid, there's nothing really wrong with Oasis or the Stones.

While all this may sound a little pretentious, it won't feel as bad as inviting a group of people to sit starkers on your Axminster staring at Coronation Street on TV. The aim is to create an atmosphere where you can be indoors, stay naturist yet at the same time reassure any new friends that you're not about to embark on a tacky wife-swapping session. Traditional rituals provide a framework and a structure. These are sacred acts, not sexual foreplay.



Hang some holly on your front door - it was always supposed to keep our evil spirits and bad witches, and might have a similar effect on nosy neighbours.

Make a huge bowl of mulled wine and should any (adult) carol singers stop by, offer them some rather than money (Wrap a towel round first - this is the time of goodwill, not "good gracious!") They are following a tradition which originated in Anglo-saxon times, the practice of wassailing where young men would roam around the villages, banging drums and singing to frighten the evil spirits away.

On Christmas day, it's probably back to the family. If you spend it with kids, they'll hopefully be excitedly opening their presents from Santa Claus. He has been around for a good few years as well (and still manages to find part-time work in Selfridges). He embodies a number of old pagan characters including Saturn, the god of agriculture, Thor the Norse god who rides across the sky in a chariot, Odin the Scandinavian god who prefers to charge about the sky on an eight-legged horse - as well as a real-life old Turkish bishop called Saint Nicholas who lived around the 3rd century. However, us Britons didn't really get to know Santa well until Prince Albert and Queen Victoria brought him across. At this point our royal family had just given up roast swan in favour of turkey for Christmas dinner. And it was also around the time we started to send Christmas cards to each other.



Oh, traditions, traditions. They are never quite what they seem, but how rewarding it is to pick the best ones. Christmas has always been a time to be warm-hearted towards others, to turn ordinary notions upside down (remember the Roman slaves?) and be tolerant to others. This could even be the time to show the family your holiday pics?

# IT'S CHRISTMAS!

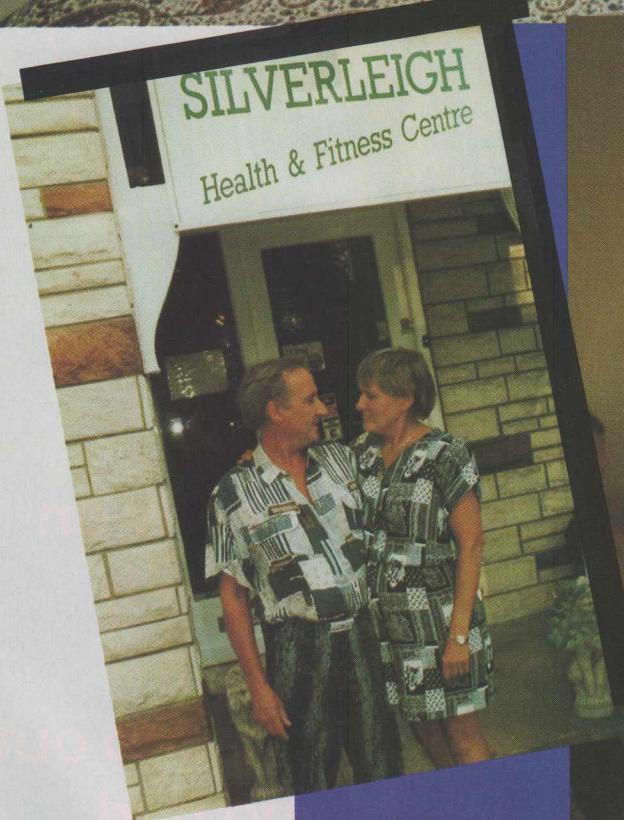


**"Christmas Eve has long been associated with magic. In some rural areas of Poland, girls still grind poppy seed on that night, hoping to find a husband."**

Festivities on the poolside at Ostvava, Czech Republic



**"Hang some holly on your front door - it was always supposed to keep out evil spirits and bad witches, and might have a similar effect on nosy neighbours."**



**"THEY'VE SQUEEZED AN AWFUL  
LOT INTO WHAT WAS ONCE JUST  
ANOTHER RESIDENTIAL PLOT ON  
THE A20"**

A warm  
welcome  
guaranteed



# HERE COMES THE WEEKEND!

**If you want a naked getaway that has it all, Jon Williams discovers you can't do much better than Silverleigh**

"The wine they drink in Paradise, they make in Haute Lorraine," wrote G.K. Chesterton about his favourite turn-of-the-century tipple. Had he been alive today, and part of the little group of us enjoying Silverleigh's 24-hour Jacuzzi, he might have accepted a glass of my New World Red and reconsidered his views on that heavenly abode.

The fact that it was 2am and we had the place to ourselves heightened the sense of decadence. It may not have been quite paradise but I certainly wasn't moving. Even for another bottle.

The seven of us bubbling tub (the record, they said, is an intimate 11) were taking advantage of Silverleigh's range of weekend breaks, one of many ideas that John and Val Carter have introduced since opening the place eight years ago.

They've squeezed an awful lot into what was once just another residential plot on the A20, just outside the village of West Kingsdown in Kent. And having a whole weekend to relax in the garden, pool, sauna, Jacuzzi and house itself really allows you to unwind without the nagging thought of a long drive home just when you're really getting into it.

Soaking up the sun with the day visitors is a relaxed affair and the close proximity of browning bodies on the lawn encourages socialising. The atmosphere is of one large group rather than separate

little clusters of strangers.

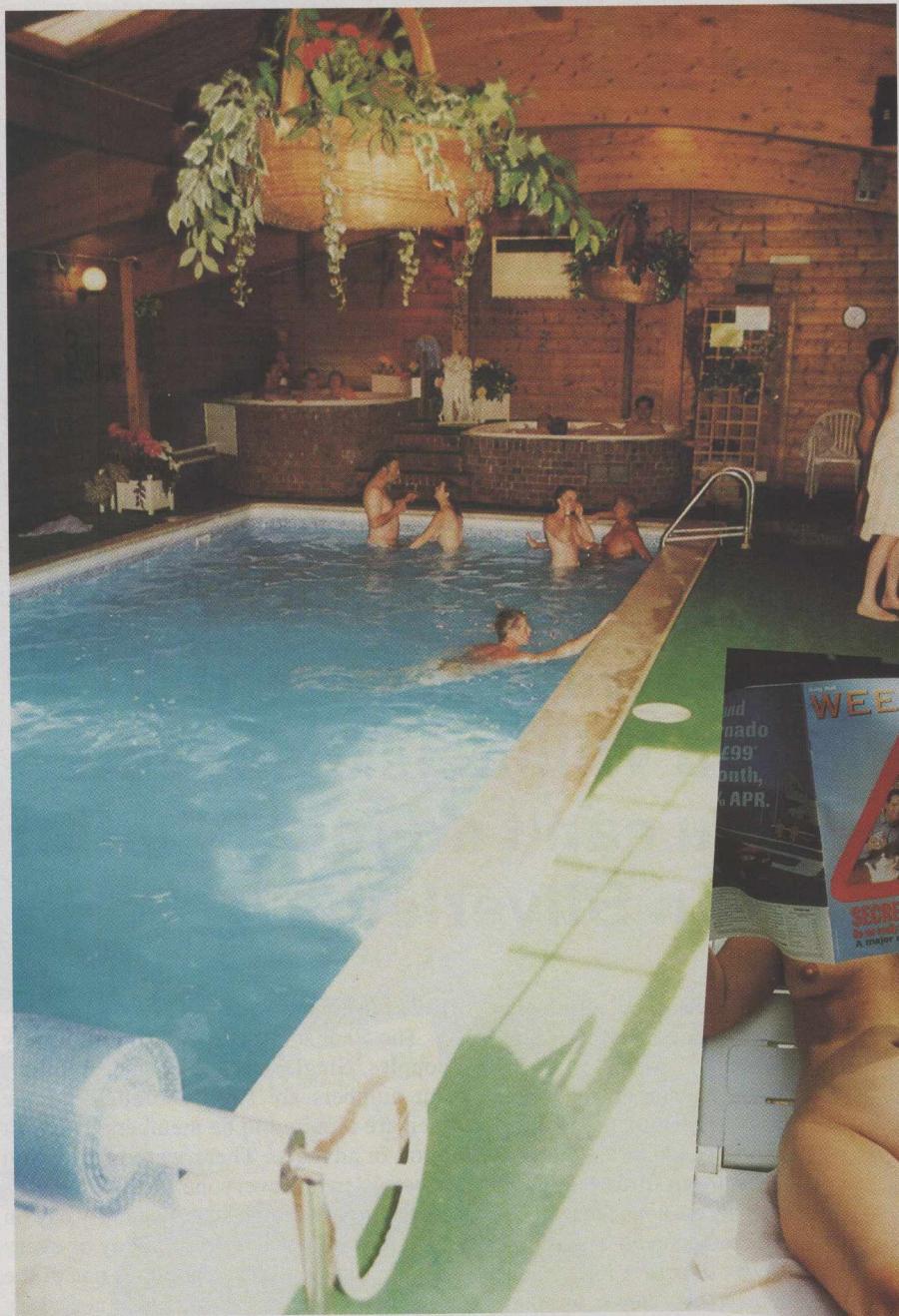
The 50 or so people present were largely couples. Singles are, of course, welcome but numbers are strictly limited. Single men are required to be members and must book in advance. There were no children present - well, everyone needs a break - although Silverleigh stages a family day on the afternoon of the first Sunday of every month. The admittance policy is one of the few restrictions imposed, and is necessary in such a close-knit environment.

After the 10pm evening close (midnight on Friday nights) those staying overnight simply carry on having fun, chatting in the lounge or scampering off to the pool complex like not-so-secret skinny-dippers. Unlike an illicit dip in a darkened lido, no one's going to make you stop. You can splash all weekend if you like.

Choices range from a £69 Mini Weekend, providing meals, use of all facilities (rates vary according to times and membership status) and accommodation on Saturday night to the all-inclusive Gold Weekend deal at £135. Prices are per couple.

Membership is available in quarterly or annual blocks. While not compulsory, the various tiers available (Blue, Silver and Gold) allow discounted or free use of the facilities. Single men can join for as little as £14 for three months. Gold Membership for a couple, allowing unlimited free access, costs £595 per year. For full details ring 01474 853438.

Silverleigh has well over 1,000 ↗



## SILVERLEIGH OFFER THE FOLLOWING COUPLES' PACKAGES

**MiniWeekend.** £69. Stay Saturday night with breakfast Sunday morning plus main meal Saturday and Sunday. Use of all facilities @ £7.50 per couple per session. Two sunbed tickets. Add £5 for en-suite room.

**Full Weekend.** £115. Friday and Saturday night accommodation. Breakfast Sat and Sun, main meals Fri - Sun. Use of all facilities as above. Two sunbed tickets. Add £10 for en-suite room.

Those who book a **Gold Weekend** can enjoy the above with free use of all facilities and a massage or aromatherapy session for each person (£95 and £135 respectively, same en-suite surcharges apply).

**Weekly Rate.** £249. Room, breakfast, all facilities inclusive. Add £20 for en-suite room.

**Overnight Stays For Couples or Singles (no single men on Friday nights)**  
Bedroom with double bed and TV.

**Sunday-Thursday** £27.50 per room.  
**Friday and Saturday** £35.00. En-suite £5 extra.

Discounts available for regular, group and longer bookings.

For further details contact Silverleigh, London Road, West Kingsdown, Kent TN15 6EX

members on its books, many visiting every week for the popular Friday night parties. Others, who live or work locally, take advantage of the discount afternoon rates to slide a couple of hours' swimming and sunning into their busy schedules.

Massages and beauty treatments are also available throughout the day.

The club is a member of The Association of British Naturist Clubs (ABNC), a network of 20-plus sun clubs around the country dedicated to introducing more people to naked recreation. All provide no-obligation day visits and a pamphlet listing the facilities of each is available.

Those who join an ABNC club (notable members include BDOC, Charnwood Acres, The Naturist Foundation and Blackthorns) are entitled to a Naturist Passport giving access to other member or affiliated clubs-relieving the traditional need for CCBN membership. Cap d'Agde and Costa Natura also recognise the card.

Because Silverleigh isn't totally dependent on good weather - apart from the two sun lawns (one non-smoking) everything is under cover - many people travel miles to try it.

Computer software consultants Gordon and Christine had made the nine hour drive from their Scottish home to sample a Mini Weekend break. Naturally, they used their Microsoft Autoroute Express programme to map out the easiest route. Despite staying up talking long into the night, they left on the Sunday, well refreshed and promising to return.

Both praised the friendly atmosphere and lack of restrictions. The warm Scandinavian pool room invites lingering and the hours fly past. "Perhaps we should have brought another," mused Gordon as he consigned his long-empty wine bottle to the bin at 3am.

The self-service breakfast bar, he was happy to learn, remains open until midday at weekends. Very civilised.

When the need for sleep finally overtakes the fun of small hours socialising there are five rooms with double bed and colour TV. They're compact but perfectly adequate.

At peak times the massage room and TV lounge convert to bedrooms. A planned extension should create more accommodation next year. Camper van owners, providing they can find room, can stay overnight in the car park.

In an area that's so well served with naturist venues (two clubs and Fairlight beach are within easy reach) Silverleigh makes an excellent base from which to explore.

A weekend break provides an ideal taster and the longer option would make an ideal holiday. You're guaranteed a warm reception and you'll be in good company. But remember to bring a few bottles of wine to share around the Jacuzzi. 

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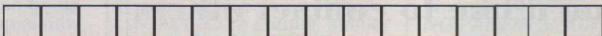
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# H&E

# Meeting “a great wa

### FRIENDS FIRST

**TWO FOUR MORE?** Very sociable, sophisticated, carnal couple, **40s**, seek like-minded couple, for holidays, etc. Wales. ML 26601

**NATURALLY NATURIST?** Convivial **45** year-old chap, who is into all things naturist - massage, videos, saunas, etc., is looking for like-minded friends in the Scarborough area to share his passion... ML 24919

**CAP D'AGE? COP THIS!** Professional, **28** year-old French Male, approachable & fun-loving, seeks similar people for fun & travel. Buckinghamshire. ML 26499

**'WHEELIE' GREAT!** Mad, bad, **31** year-old mountain-biker, enjoys cinema, beaches & laughing. Seeks fun-loving, friendly Female, **20+**. Brighton. ML 24868

**HUMAN TRIPOD!** Tall, slim, good-looking Male, **29**, athletic & fun-loving. Into photography & adventure. Seeks like-minded Female or couple. Nottingham. ML 23881

**IN THE PINK** Slim, easy-going male, **46**, friendly & a good listener. Likes body art, massage & travel.

Seeks naturist single/couples, for friendship & more. Hull. ML 22450

**HAPPY FAMILIES** Naturist family, **30s**, into visiting

beaches, clubs etc., seeks other couples/families/singles for friendship & fun. London. ML 23784

**LIFE'S A BEACH!** Fun-loving, friendly **37** year-old guy, would like to meet an equally easy-going & convivial naturist to go on holiday with. Essex. ML 23310

**FUN, FUN, FUN!** This seductive **24** year-old professional woman is looking for a fun-loving, outgoing girl for friendship. Birmingham. ML 23645

**HEALING HANDS?** This

tactile, aware & open **40**-something guy, who enjoys massage, naturism & photography, is looking for similarly broad-minded guys/girls for fun and friendship. Luton. ML 24855

**RULE THE ROOST!** Mature,

masculine **50** something peacock, who is vain, with a penchant for spicy outdoor naturism & mild corporal punishment, is looking for pliant, lusty 'birds'. Surrey. ML 24864

**FORGET THE COSSIE!!**

Tall, good-looking guy, with blond hair & blue-eyes, who is new to the naturist scene, seeks similarly open-minded & fun guys/girls for nude swims - 'nautical' but nice! Scotland. ML 23765

**GET ON BOARD** Straight-looking/acting, ex-navy

Male, Irish heritage, seeks adventurous Male, **18-30**, for specialised sport & exchange holidays. Cardiff. ML 26273

**NEW ON THE SCENE!**

Young couple, **20s**, seek genuine friends, for naturist holidays, clubs & evenings in. Warwickshire.

ML 23447

**SHOOT ME** Fit, **5'11"**, experienced Male model, **37**. Seeks artist, photographer or group, with interest in art. London/Southeast. ML 23532

**GET IN THE PICTURE**

Amateur, naturist photographer Male, **37**. WLTM Male, Female or couple, to photograph. Bristol. ML 23541

**EUREKA!** Male, **37**, into swimming, photography & naturist parties. WLTM

Male or Female, under **38**, with similar interests. Surrey. ML 24006

**ALL ROUNDER** Slim, shaved & pierced Male, **44**.

Seeks artistic & creative couple. Hampshire. ML 26339

**WINTER WARMER!** Male, **60s**, seeks to form indoor group, for that nasty winter. Into massage, videos & adult pastimes. Will travel. Surrey. ML 23234

**ALL OVER TAN** Slim, tall, tanned Male, **27**. Into walks in the forest & gardening. Seeks gentle, kind Female, or couple, for fun. Suffolk. ML 23223

**PLEASED PISCAN** Happy, piscan Male, **30**. Looking for friendship with reliable Female, not into pub & club scene. Looks unimportant. Cumbria. ML 22065

**SOLDIER, SOLDIER** British serviceman, **28**. Into motor-sports and outdoor life, would like to meet naturists, to show him the way. Newcastle. ML 24718

**WOMEN SEEKING MEN**

**NEWQUAY ON THE BLOCK** Cuddly, naturist Female, **50**, seeks Male, for trips abroad & to naturalist beaches. Cornwall. ML 23213

**MEN SEEKING WOMEN**

**THE BARE TRUTH!** Tall, brown-haired & slim Male, **25**, looking for **25-35** year-old Female, for fun-filled frolics. Leicester. ML 24214

**INNOCENT IN IPSWICH**

New to naturism, this open-minded, attractive Male, **23**, who loves sport & music, seeks **18-30** year-old Female, to show him the ropes. ML 23909

**PLAY THE GAME** Tall,

sport-loving Male, believes that anything & everything goes, seeks similarly uninhibited Female. London. ML 26525

**SHOW HIM THE WAY** New

to naturism, **5'8"** Male, **38**, seeks Female, **21-40**, to show him the ropes. North East. ML 24937

**LADIES ROLL UP!!**

Divorced businessman, late-**40s**, seeks nice, decent Female, **20-40s**, for naturist holidays/weekends. Scotland. ML 24129

**CAM-OVER-ERA!** Are you

a stunning Female? No? Are you an erotic exhibitionist? Yes? Call this **31** year-old photographer. Kent. ML 24906

**IN AT THE DEEP END!**

Paternal, **30** year-old swimmer, athletic & amorous, would like to meet a similarly sensual Female, **20-30**.

Doncaster. ML 26467

**RIPE 'N' READY** Professional, **30**-something chap, adventurous naturist, seeks like-minded, intelligent 'Green Goddess', to spoil & pamper. London. ML 24198

**HOUSE ABOUT THIS?**

Shaved, professional, black guy, **50**, heavily into naturist scene, seeks similar Female, over **25**. Can accommodate. South East. ML 24224

**WARM HIS COCKLES...**

Green-eyed, slim & tanned Male, **40**, open-minded, open-air lover, is searching for similar Female, to keep him warm. East Sussex. ML 24968

**SENSUAL IN SCOTLAND** Professional, **49** year-old Scottish chap, broad-minded & accommodating. Seeks equally erotic enthusiast. ML 26512

**CAMP-FIRE COUPLING!** Independent Male, **34**, friendly & loving, seeks witty & wicked Female naturist, **30-40**. London. ML 26361

**NAUGHTY NOVICE** Inexperienced & attractive **34** year-old naturist, looking for knowledgeable Female to show him what's on offer. Hampshire. ML 24997

**LOTS OF T.L.C.** Nice looking, slim, **5'5"**, **26** year-old guy. WLTM a female partner, **20-30**, for friendship & TLC. Buckinghamshire. ML 24030

**THE BARE TRUTH!** This caring & considerate **35** year-old keen naturist & photographer is seeking a broad-minded exhibitionist woman, to 'pose & preen like a queen!' Kent. ML 23547

**GET HOOKED!** Nice Male, **5'8"**, **37**. Likes naturist holidays, fishing, gardening, keep fit & wining/dining. Seeks Female for friendship & romance. Northampton. ML 23782

**GET THE PICTURE?** This slim & good-looking **37** year-old photographer, who is a friendly & fun-loving voyeur, is looking for an adventurous female/couple for fun & friendship. Newcastle. ML 23258

**IN THE CLUB?** If you're an attractive & medium-built lady, between **49** & **59**, then call this open, athletic & very active chap who would like you to join a naturist club. Huddersfield. ML 23770

**BIG BOY!** Very well-built, fit Male, **6'2"**, **30s**. Seeks couple, or Female, for broad-minded activity. Leicestershire. ML 26320

**STUD-U-LIKE!** Tall, attractive, muscular Male, very well-endowed, seeks adventurous couple/Female, for guaranteed satisfaction. Leicester. ML 26326

**TEACH ME** **36** year-old teacher, new to the naturist scene. WLTM a Female, **30s**, for friendship & possible relationship. Swansea. ML 22592

**OUT IN THE OPEN** Mobile

# ting Place way to make friends"

Male, **52**. Into beaches, clubs & outdoor events. WLTM similar Female. Southampton. ML 22594  
**LET'S GET IT OFF 5'11"**, non-smoking, fit & friendly Male, **37**. WLTM Female, up to 45, to enjoy naturist activities with. London/Southeast. ML 23544

**FUN ON THE BEACH** Male, **35**, seeks Female, for beaches, clubs, fun, games, etc. East Anglia/Anywhere. ML 23558

**YOUNG & FRESH** Slim Male, **30**. New to naturism & loves it. WLTM Female, 20-40, for fun, maybe more. Surrey. ML 23593

**MEET MEATLESS MEAT** Professional, vegetarian Male, **40**. Enjoys skiing & sport. WLTM intelligent, attractive, bubbly Female. Aberdeen. ML 23315

**SHOW ME** Slim, attractive, **31** year old Male, new to the scene. WLTM a Female, of similar age, for companion-ship. Norfolk. ML 26236

**LOOKING FOR FUN** Extremely attractive Male, **36**. WLTM Female, similar age, any status, for fun. Manchester. ML 23656

**ANYTHING GOES** Good-looking, naturist Male, **31**. WLTM Female, 21-45, for possible relationship. Cambridgeshire. ML 23674

**LOOKING GOOD** Good-looking Male, **31**. Seeks single Female, 21-45, for naturist activities & possible relationship. Cambridge. ML 23673

**BUNGALOW BILL!!** Good-looking gentleman, own bungalow & car. Seeks F, for sun bathing & friend-ship. Devon. ML 23537

**THE SONGSMITH** Music-writing, medium-built Male, **42**. Into theatre, restaurants & cinema. Seeks similar Female. South London. ML 23109

**CHESHIRE GRIN** Music, cinema, nature, pub & club-loving Male, **40**. Seeks Female, 18-30, or couple, for friendship & fun. North Wales. ML 23225

**RECLINED NUDE** Art-loving, drawing & painting Male, **45**. Tall, with medium build. Care assistant. WLTM naturist Female, 30+, for fun & more. Exeter. ML 24673

**NATURIST CLUB** Male, **36**, wants to start club, for singles & couples, into adult, naturist activities. Single Females, especially welcome. Leicester. ML 23238

**CHESTER BEACH BUM** Beach-loving, naturist Male, **27**, with medium build & brown hair. Looking for a slim Female, 20-38, to play in the sand. ML 24590

**QUALIFIED MASSEUR** Happy, outgoing, naturist Male, **59**. Enjoys sun-bathing, nude times & giving/getting massage. Seeks similar Female, under 60. Middlesex. ML 22048

**STEAMY SESSIONS** Fun-loving Male, **39**, seeks lady, any age, for naturist fun, jacuzzi & sauna. Staffordshire. ML 22002

**OPEN TO IDEAS** American guy, **42** year-old, into Videos, DIY, etc. Seeks open-minded female of any age. London. ML 16229

**YOGA BARE!** Naked yoga exponent, (page 20, August 1997 H&E), Male, **36**. Into good times & travel. Seeks Female. Bournemouth. ML 21841

**AN ASIAN OCCASION** Tall, solvent, Asian M, **27**. WLTM attractive F, for horny fun, massage & naturism. London. ML 22418

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**MEN SEEKING MEN**

**COMING HIS WAY...** Bisexual, **27** year-old chap, tall, slim & very good-looking, seeks horny lad, for fun & friendship. Lincoln/anywhere. ML 25146

**TINKLE THE IVORIES!** This retired musician, who is gay, warm & very generous, is looking for a struggling music student to show his very well-stocked library to. Let's make beautiful music! Brighton. ML 23767

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**WHERE'S THE GENTS?** Masculine, **37** year-old, novice bisexual & naturist. WLTM well-spoken, assertive gentleman. Northeast. ML 23969

**BI BI BABY** Laid-back, hairy, bisexual Male, **34**. WLTM Male, bisexual or gay, **40**, for fun & friend-ship. West Midlands. ML 23343

**REAL EXHIBITIONIST** Slim & very attractive Male, **30**. WLTM Male, who is a real show, for fun & more. East London. ML 23619

**SHOW ME THE WAY** Bisexual Male, **36**, **5'11"**, muscular & very hairy, seeks guy to introduce him to naturism. East Anglia. ML 23652

**NAKED SPORT** **30** year-old Male, into naked night walks & naked cycling. WLTM like-minded guy, for that & maybe more. South London. ML 22370

**SMILE PLEASE!** Shaven, **5'6"**, **38** year-old guy. Likes naturism, nudism & photography. Seeks guy to snap him up! North West. ML 23159

**HOPEFULLY YOURS** Confident, calm & collected Male, **62**, seeks Male, of similar age, or slightly younger. Glasgow. ML 23125

**WOMEN SEEKING**

**WOMEN** **ON TOP** Petite, slim, blue-eyed, long-haired fun-lover, exotic & erotic bisexual, seeks similar woman, for fun and friendship. Lincoln. ML 25054

**GIRLS ON TOP!** This bisexual, married lady, with red hair & dark-green eyes, who is new in the area, would like to meet another sensual, feisty & adventurous women for man-free mayhem! Gwent. ML 23775

**COUPLES**

**FANTASY FOOTBALLER?** Scottish ex-footballer, **30s**, enjoys wining & dining, seeks attractive couple, 40s-50s, for fun, friendship & good times. Cambridge. ML 24360

**SEEN ANYTHING SEXY?** Graduate, **50**, well-endowed, tall & slim, seeks couple, interested in voyeurism, massage & DIY. Sussex. ML 24357

**TWO TRUE!** Adventurous & ardent couple, seek similar, for naughty nudity! Suffolk. ML 24171

**'STOKE' HIS FIRES!** Outgoing, **25** year-old northerner, tall, slim & attractive, seeks experienced & erotic couple, to guide him into naturism. ML 25360

**DON'T 'WELSH' ON HIM** Newcomer to naturism, this attractive, bi-curious Male, tall & good-looking, WLTM similar couple. ML 25384

**'BOUND' TO BE FUN!** Carnal couple, **29**, seek similar couple, experienced in naturism, to show them the ropes (handcuffs, etc!). Kent. ML 25386

**LOVE IT!** Bisexual blonde and horny husband seek Female/couple, for fun-filled frolics. Southampton. ML 24287

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**GET THE PICTURE?** Outgoing, athletic Male, **42**, artist, into sauna, body-paint, photography & massage. Seeks broad-minded Female, or couple, for fun/friendship. Essex. ML 23470

**SNAP HIM UP** Naturist M **38**, **5'6"**. All over tan. WLTM couples who are into photography. Lancashire. ML 24838

**DOUBLE DELIGHT** Happily married couple, **30s**. WLTM couple for friendship. Lincolnshire. ML 23299

**CALLING ALL COUPLES** Fit, **5'11"**, friendly, healthy, non-smoking Male, **37**. Seeks couple, for naturist activi-ties. London/Southeast. ML 23545

**LARGIN' IT** Open-minded, good-looking, fit couple, **22**. WLTM large couple, **60+**, to introduce them to the naturist scene. Blackpool. ML 23610

**HANDS ON ACTION** Fit & healthy Male, **40**. Loves massage. WLTM couple. Wiltshire. ML 23373

**POSING PURPOSEFULLY** Slim, attractive, well-endowed M, **48**, into videos, photo posing, voyeurism, DIY & more. Seeks mature male/female, **50+**, for bedroom fun & friendship. London. ML 26295

**BIG BOY** Extremely good-looking, well-endowed, professional Male, **36**. WLTM couple, for good, clean, adult fun. Can travel. Manchester. ML 23655

**ELSTREE-SOME** Swinging, naturist Male, **29**, looking for sexy fun, with a couple, or single Female. Buckinghamshire. ML 22039

**ROYAL MALE** Tall guy, **30s**, seeks bi couple, for fun, frolics & adult games. Can travel & accommodate. London. ML 22334

**CURIOS COUPLE** Clean & genuine, he, **35**, **5'10"**, she, **45**, long hair, very leggy. WLTM bi couple. Can travel/accommodate. Yorkshire. ML 23120

**ADULT PARTY** Married couple, mid-**40s**, are holding an adult party in October. All couples & daring young Females welcome. Lincoln. ML 23336

**NO PAIN IN SPAIN** Slim Male, **41** & shaven, bisexual Female, **35**, seek others, for anything but pain, in Spanish villa. Cornwall. ML 24457

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§ Arrange meetings in public place, eg restaurants, pubs etc, not in your home. § Don't give your address until you are sure that you want to continue the relationship. § Trust your instincts and don't meet again if you have any doubt. § On your first meeting, it is best to make your own way to and from the venue.

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**Cumbria / North Lakes:** Relaxing B&B with optional EM in genuine friendly naturists' family home. Easy reach M6. Tel: (01768) 881834. (910180 9902)

**West Wales -** Atractive naturist couple offer relaxed, friendly B&B in comfortable private home. Coastal location. Singles, couples, reps welcome. Tel 01834 845457 or 0860 288232 (910129 9812)

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is a new concept in British naturism. A combined holiday centre/health centre aimed primarily at the 25 to 55 age group, it is for naturists who seek a more liberal-minded atmosphere than that found in most Sun Clubs.

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Prices for accommodation are from £25.00 per room per night. Day visitors are welcome throughout the year and camping is permitted during the summer.

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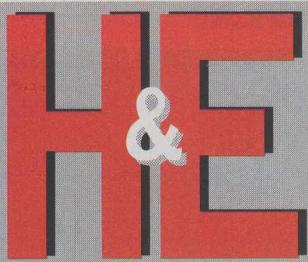
**Qualified Male masseur** provides relaxing naturist full body massage for ladies, gentlemen and couples. Home or hotel visits only. London and southern countries. Phone 0973 654702 (910253 9812)

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**Final date for classified copy for our February issue (on sale Thursday, 22nd January) is 9th December 1997**

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## PERSONAL

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**East Anglia** Female naturist housekeeper, live-in/live-out

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\* WHAT FACILITIES AVAILABLE

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(910308 9902)

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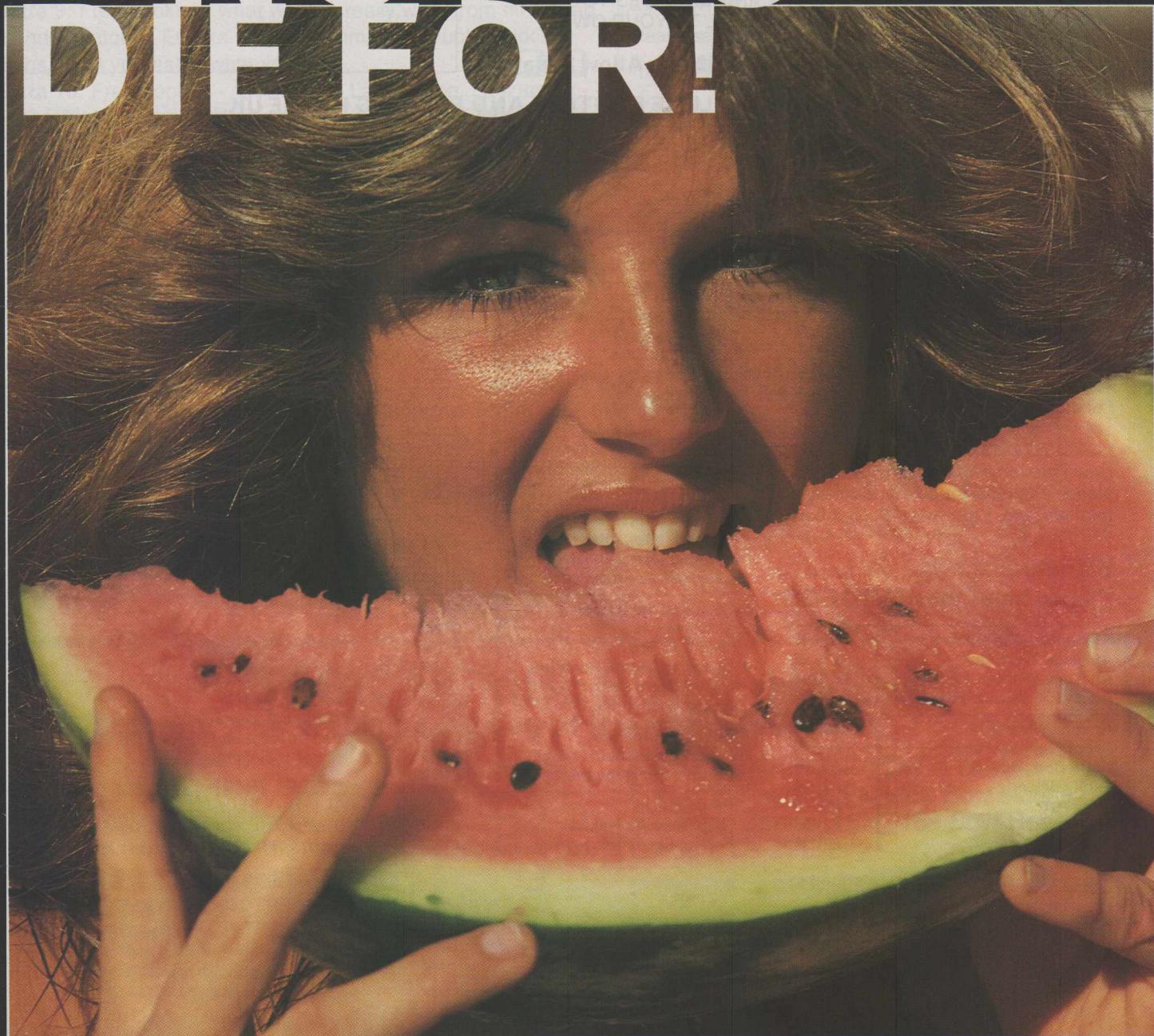
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# A DIET NOT TO DIE FOR!



**Most advice on healthy eating would have us living on lettuce and mineral water, but Richard Lawrence has got some good news for cream cake lovers**

**"You have no doubt heard the saying "you are what you eat", to a large degree this is true. However, it is very difficult to go from being a junk food addict to living on a low fat, high fibre diet overnight."**



No one is advocating that here. But, by being sensible and constructive, your diet should be a positive and enjoyable experience, not one of worry and obsession. Many of us, no matter what our vital statistics are, often caught worrying about the things we eat, particularly in today's fashion conscious consumer market where we see beautiful images all the time. Let's face it, youth and beauty sell things. So it is important to be realistic about the images we see and determining what is important - our health.

Believe it or not, you have choices, so make positive ones, be in control of your life and make sensible nutritional decisions. Meal times should be enjoyed, not destroyed. Breaking this

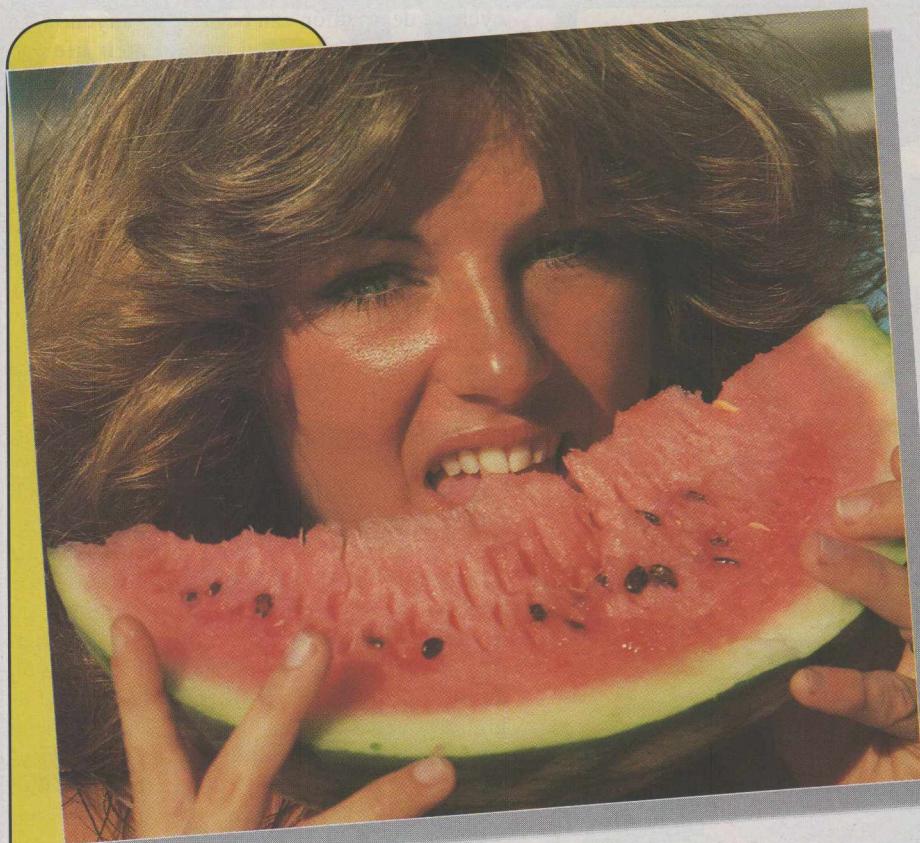
cycle of destruction can be done by anyone who is willing not to let food control their life and take positive steps to becoming not only a healthier, but happier person. The following advise will be the start of your plan for developing good eating habits for life.

What do we mean by the word "diet"? To many people, this word stands for depravation. In reality, it means the food we need to eat in order to sustain our life and carry out daily activities. When people say they are going on a diet it can mean one of two things; cutting down on "unhealthy foods" or completely wiping out certain meals altogether. When it comes certain foods, many would agree that chocolate, chips, burgers, sodas, cakes, ice-cream and salty snacks are not the best source of dietary food, and that to be healthier we should eat more carbohydrates, fibre, fruit and vegetables. That's fine, but chocolate is gorgeous stuff, as is ice cream on a hot sunny day, as are hot chips on a cold day! These foods are OK in moderation. The problem today is that fast food provides an answer for fast lives. How much easier is it to grab a chocolate bar than a piece of fruit if you are running from one thing to another? Very! So, step number one is to delete the word diet from your vocabulary and start thinking about food as a whole range of nutrients that we use to sustain ourselves and our busy life. If you start to think "I must go on a diet," say to yourself instead, "I need to re-think my food intake and lifestyle!"

The marketing aimed at weight loss is ferocious and various products are made to sound believable by the so-called scientific claims that go with them - these include things like body wraps, creams, appetite suppressants, teas, slimming drinks and, more drastically, surgical remedies. Invest in a good selection of low fat cook books and investigate what is written on food labels. Don't succumb to replacing meals with diet drinks - they also are only a short term remedy. Become an expert about what you put into your body and don't let gimmicks get in the way of good decision making.

Eat a variety of foods. This is the best way to get the protein, vitamins, minerals, fibre and energy needed for good health. Maintain a healthy weight. This reduces the risk of developing high blood pressure, heart disease, certain cancers, diabetes or suffering a stroke. Choose foods that are low in saturated fats. This reduces the risk of heart disease and certain types of cancer. It can also help to maintain a healthy weight.

Choose foods with plenty of vegetables, fruits and grain products. These foods provide the vitamins, minerals and complex carbohydrates needed for good health. Eating these items can also help reduce the intake of fat. Use sugars in moderation as foods high in sugar typically have many calories but are low in nutrients. Nutrients are the ingredients in foods needed for proper body functioning. Use salt and sodium in moderation. Cutting down on salt can help reduce the risk of high blood pressure. If you drink alcohol, do so in moderation. Alcohol has many calories, mostly



**"Eat regular meals and don't go for long periods without food. Our body is a fantastic machine that requires fuel. You wouldn't take your car to France on only half a tank of fuel."**



sugars, but no nutrients.

Eat regular meals and don't go for long periods without food. Our body is a fantastic machine that requires fuel. You wouldn't take your car to France on only half a tank of fuel - so why deprive your body of food. Every daily activity requires energy, walking, talking, eating, sleeping - everything! If you have found yourself feeling tired at mid-morning, ask yourself - did you eat breakfast?

This is where the body's metabolism plays a very important role. It is the process that is efficient at burning energy. This is where things get a little exciting - as many people will blame weight gain on a slowing down of their metabolism. As we age our body goes into decline and the lean muscle mass decreases

while our body fat ratio increases. The metabolism is related to this - hence the onset of middle age spread. But, in fact, if we were as active at 40 as we were at 20, and had the same diet, then our overall body mass is unlikely to change. We can improve our metabolic rate by ensuring that our lean muscle mass stays high and that our food intake is not restricted. We can keep our lean muscle mass high by doing some resistance/weight training. If you restrict your food intake, your body has a brilliant mechanism for recognising deprivation and will slow down the metabolic rate to cope with low energy.

Set realistic goals. Wanting to look like Cindy, Elle or Claudia is not achievable, but being the best person you can be is. Starving yourself and believing that you will be happier if you are thinner is a sure way to meeting no goals, as they will be totally unattainable. Instead, make small goals like cutting down on alcohol intake to 2 units a day, for only 3 days a week. Doing some form of exercise twice a week. Small achievable goals lead to a sense of well being and accomplishment. It often leads to bigger and better things.

Be active. Regular exercise is one of the most important things you can do for your health. It improves your heart, lungs and the functioning of your whole body.

Regular exercise helps to relieve stress and assists in the management of your weight. Regular exercise increases your metabolism, which causes your body to burn more calories, even when you're at rest. You can easily make exercise a part of your day. Take the stairs instead of the elevator. Park your car at the far end of the car park, or get off the bus a few streets away and walk the extra distance. Take up a new sport, swim, take dance lessons. Whatever activity you choose, exercise can be great fun and provide enormous benefits for your body and boost your social life!

Be organised. Try to plan your meals for the week and prepare a weekly shopping list of the items you will need. If you can pre-cook your meals at a weekend, this will save you time and effort during the week, and will help you avoid the take away meals, which are often high in fat and expensive. Don't go shopping without a list as you will tend to buy more ready-to-eat foods that may be higher in fat, sugar and calories.

Eat only because you are hungry, not because it's time, it looks or smells good, you are upset, or because you are having a good time with friends or family. Try to avoid eating large, heavy meals just before going to bed. Plan your meals so that you eat at regular times. 



**E**at well and look this good - (if you're lucky!)

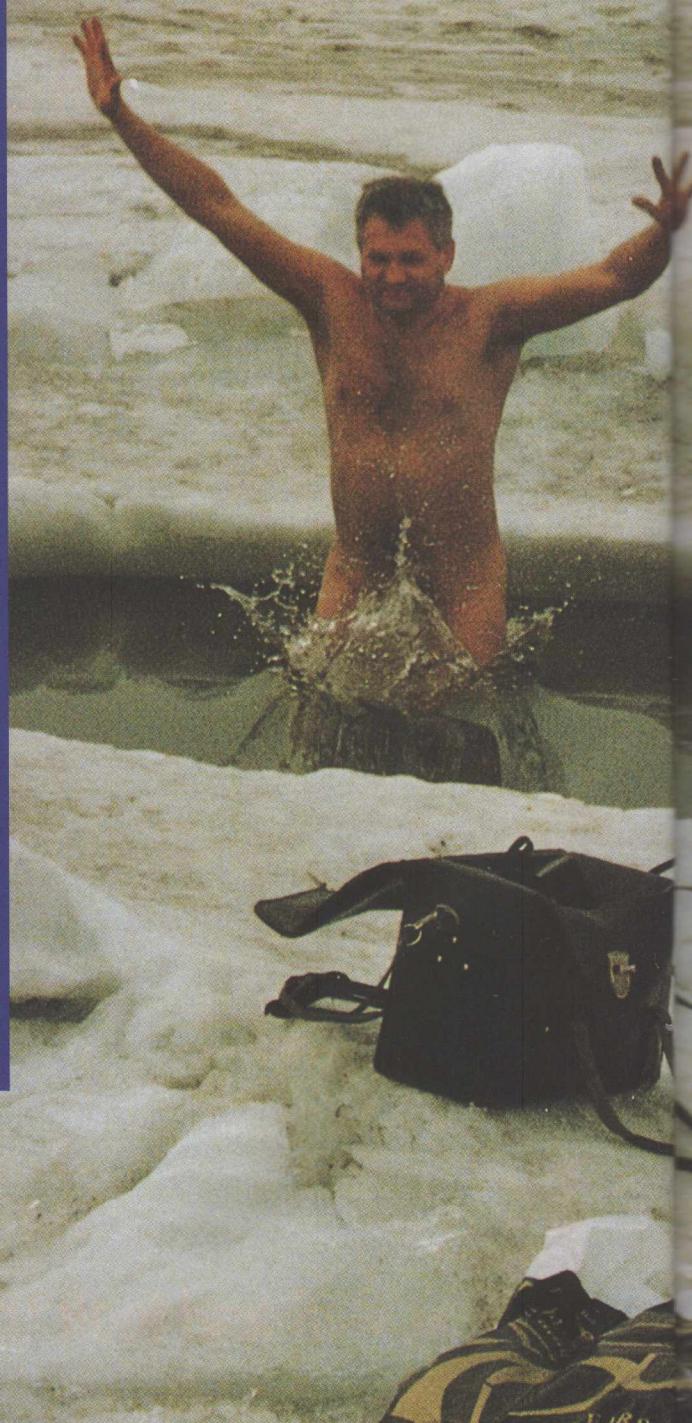
# IS IT RUDENESS ENOUGH

These photos were taken in Siberia at Lake Obb near Novosibirsk. The icy ones were taken during the April swimming session when the air temperature was minus 18 celsius and the water temperature a warm plus one celsius at best! It couldn't have been a more different story in July when the lake was the location for a body painting workshop.

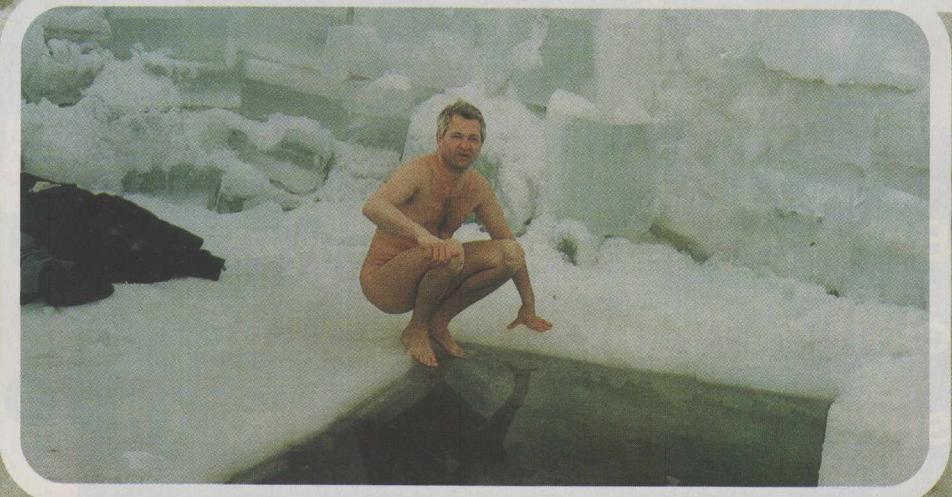
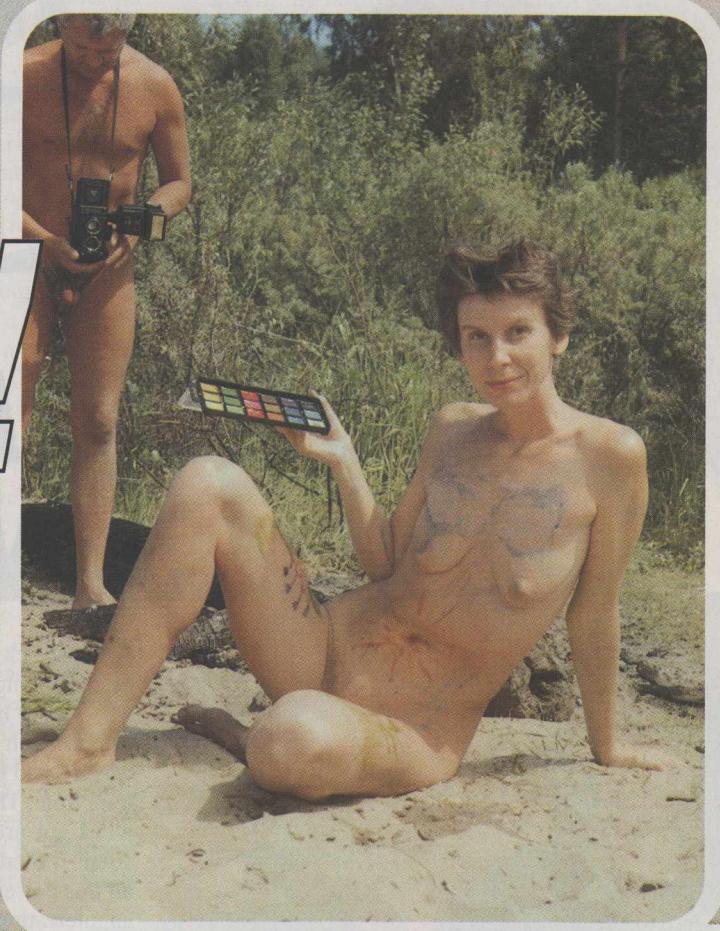
It begs the question why do British naturists kick up such a fuss about stripping off in winter? Nudity in cold temperatures is certainly a different experience to relaxing on a warm beach but is it a lesser one?

The Scandinavian sauna experience involves plunging into freezing temperatures, although admittedly one's blood is usually boiling after some time in a very hot place. Maybe we just don't have it cold enough here!

Thanks to W E Scheidges for sending us these pictures



# H?!!





Is that you  
Babs?!

**BAB'S  
DIARY**

# LONDON CALLING



**Babs is back - and with her clothes firmly on, she's not sure how happy she is about it**

**B**ack in London it seemed to take me a long time to adjust to the different pace of life. Cars and buses raced past and I felt dazed by all the hustle and bustle. It was as if I had been out of the ordinary world for a long time. The telephone rang constantly as the word got around we were back, while police sirens wailed in the distance. I'm just not used to all this noise, but it's good to be back and I have an interesting schedule ahead.

I have finally got around to having my films from our last days of France developed. They brought back fond memories from the time of Nevin's visit. On his last night with us we had all decided to "dress for dinner" which led to an amusing evening of charades and mimicry. Nevin is a long standing member of his local amateur dramatic society which he enjoys immensely - as long he says, as he is not asked to sing.

My first visit to the regular monthly fetish market at St Pancras was a real eye-opener.



There was all kinds of leather, rubber and plastic fashion gear, and all at very affordable prices. I saw thigh-high boots, six inch stilettos and clothes and toys to suit every taste.

One stall sold nothing but special silicone dildos, which came in a huge variety of sizes, styles and colours. They were described as non-toxic, non-porous, tear resistant and heat retaining. I had a quick feel of one and found it warm to the touch and not cold and clammy like some of the plastic kinds. So ladies, whatever tickles your fancy, the choice is yours!

If you fancy a video to watch or a stimulating book or mag to read you will find a really good selection at this market. There was a real buzz in the air and a great atmosphere among the other visitors. I will definitely pay the market another visit as soon as I can.

While friends of ours took a well-deserved holiday in Portugal, Mike and I dog-sat for them in their lovely old game-keeper's cottage deep in the heart of the forest. The cottage is part of what was once a large estate.

Willy is a pure white Bull Terrier, although one day after trying to get his head under the fire grate he ended with a black face. He looked quite comical, just like burglar Bill Sykes' dog from Oliver Twist. Willy also "liked to pick a pocket or two" and would take a hanky out of my jacket or trousers without me feeling a thing.

It was difficult for me to watch "Eastenders" as immediately the theme tune started Willy

would jump up barking loudly and chasing his tail round and round. He did exactly the same at the end of show. Every day we took Willy on lovely walks through the surrounding forests where there are lots of rabbits, pheasants and squirrels. One morning we saw a whole family of roe deer gliding through the forest just behind the house. These deer are very shy creatures and move quickly and quietly through the long corridors of coniferous forests.

I felt very sad when I took Willy out for a walk through the woods on my last weekend with him. I heard guns firing and people shouting - it was the start of the shooting season. Then I saw a gang of people beating through the undergrowth to frighten out the pheasants, while imbeciles with guns stood there ready to shoot them. It was barbaric! I felt physically sick.

The end of British summertime is the only opportunity in life to turn the clock back, although I am sure that many of us may long to be able to do so at other times. But unfortunately this is not a dress rehearsal for life - this is it - there are no retakes or second chances. How we live our lives is critical, because we can't have another go at it.

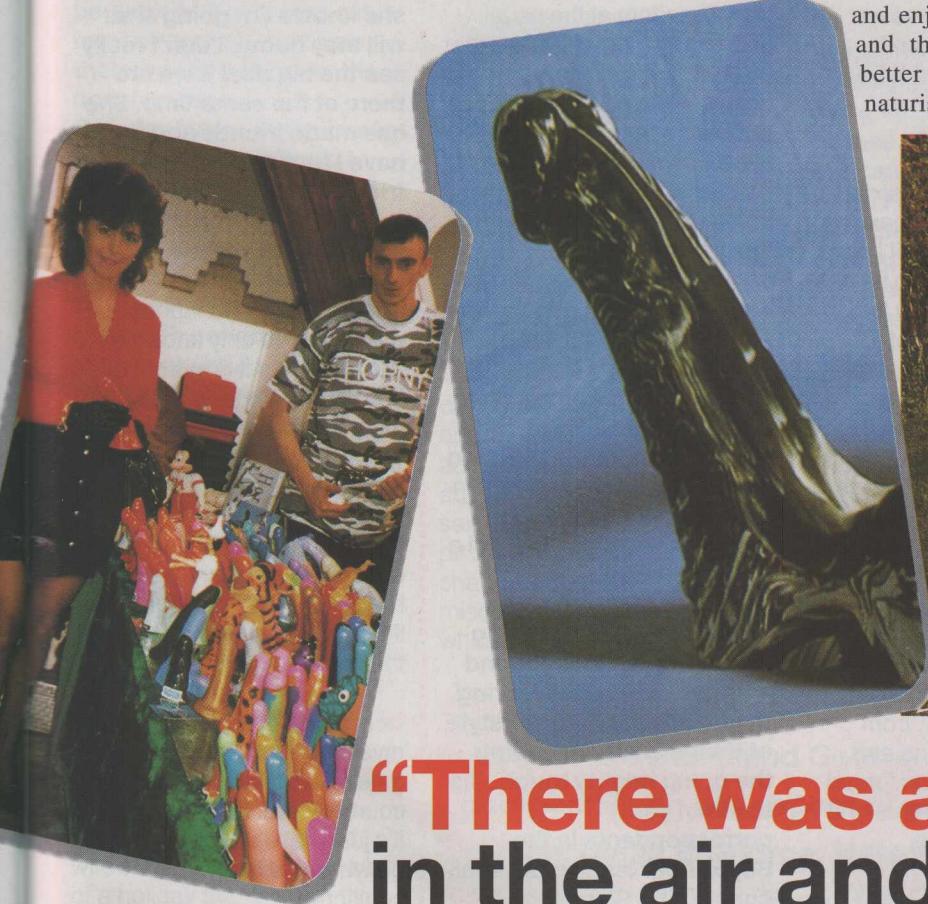
So make the most of today and enjoy life to the full and there is surely no better way than within a naturist lifestyle. 

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(Left) The last night of Nevin's visit and they decided to 'dress for dinner' (?!)

**"There was a real buzz in the air and a great atmosphere among the other visitors."**





# DIANA AND GEORGE

I was circumcised as a baby in the sixties. I've always been happy about this as I find the penis easy to keep clean and it looks much better. The ladies prefer it too! As a naturist I'm proud to have my glans permanently exposed. When my son was born earlier this year naturally I wanted him circumcised too. We were disappointed that the hospital made no provision for this and indeed even made some opposition to it when I requested it. Would it be possible to get it done privately?

**G:** Lucky you, I was a sixties baby too, but I didn't manage to get circumcised until I was 35. For me it proved to be one of the best ideas of my life! It means that the head of the penis is easier to keep clean and there's therefore less risk of infection. I believe you should look into getting it done for your son while he's still tiny. It did take me about three weeks to recover I understand for a baby it's a lot quicker and he'll thank you for it later in life.

**D:** Not necessarily. We get letters, as you know, from those who had it done and think it was a decision forced on them by their parents and they consider it to be mutilation.

**G:** I don't see it like that, I just think it's a sensible idea because it helps with hygiene. Why not go and talk the idea through with your regular GP? They'd be able to tell you how best to proceed.

Talking of being permanently exposed:

**I can only keep up a stiff for three minutes. I'd like to do it three times in a row.**

**D:** Good grief...

**G:** You can do it three times in a row if you don't get as far as ejaculation, I suggest reading the Tao Book of Love and Sex for details on how.

**D:** Why can't he do it once and enjoy it properly? It's quality, not quantity. Set your mind to enjoying what you're actually doing instead of trying to beat records! Let's have something more seriously uplifting:

**Do you know of any Christian nudist groups?**

**D:** Yes. There are a couple and one of them - the World Wide Christian Naturist Fellowship - has recently advertised with us. Write in to New Freedom at the usual address quoting BOX Number 981103 and we'll forward your details. It's a strange thing, but I remember being told that although many people at a naturist AGM professed to being Christian, when given the opportunity to go to a session of praise at the club while they were there, hardly any turned up. Christianity is one of those things that people seem to find harder to own up to than being a naturist. Well, I believe in God and Jesus. Who wants to join me out of the closet?

Here's a chap coming out of a different closet:

**After many years of being what I term a housebound naturist I am endeavouring to get into the outdoor style of things and I am finding the going mighty tough - as some of your correspondents in the September issue did. I shall contact the Singles Outdoor Club as you suggested to another correspondent but I also need the address of the CCBN.**

**D:** Central Council for British

Naturism, 30/32 Wycliffe Road, Northampton, NN1 5JF. Although I have to say you might just as well buy a copy of "The Naturist Guide Book to Britain" (see page 59 to order) as a good starting point since it gives a lot of extra information such as places where you may or may not be welcome. However, take note of our amazing offer on page ?? (subs page) - apply to join CCBN through us and save money!

I was introduced to naturism about five months ago by a new girlfriend who was raised as a nudist. After a couple of visits, we told my mother where we were going at weekends and she showed some interest, so my girlfriend and she went one weekend and she loved it. The only problem is she will not go to the club the same day that I'm there. The club holds various social activities throughout the year and if she knows I'm going she will stay home. I don't really see the big deal if we are there at the same time. She has made friends and so have I (not the same friends).

**D:** I think it is about 600 per cent more difficult to strip off in front of family and friends whom you've only known as "textiles" than it is in front of a bunch of strangers. That might underline the reason why your mother doesn't want to go at the same time as you.

**G:** However, he does say she doesn't go if she knows that he'll be there. That sounds as if they have landed up there at the same time once or twice.

**D:** In which case I'm rather mystified - assuming that he gets on well with his mum of course. Otherwise, perhaps it's just that she prefers not to be where he is to avoid conflict.

**G:** I don't think it's that or they wouldn't have told her in the first place. Could it be that the mum has met a man there she's really keen on and thinks her son won't approve?

**D:** Hmm, that's a possibility. Get the girlfriend in on the case. She could chat to her and get to the bottom of it and pass on anything important.

**G:** Other than that - just go on enjoying yourselves as individuals and don't worry about it!

Our next writer has certainly had his eyes opened to a bit of enjoyment:

**For some time I have wanted my wife to visit a naturist resort but my wife simply will not entertain the notion. This is leaving me frustrated and annoyed. I cannot understand why she won't even consider it! You see, while on holiday in Spain by the hotel pool, my wife sat next to me wearing a bikini. She then took her top off and the bottoms to reveal a G-string no bigger than a postage stamp. I must admit she looked very sexy. But that was just the beginning! Two males sat in front of us and it became their regular spot over the next few days.**

**One day I went to the bar to get some refreshment, I glanced back and noticed they were obviously very interested in the sight of my wife. I found this a turn on. To my surprise my wife was lying with her crotch facing in their direction and I don't think her G-string covered a thing! I told her about this when we got home, but she wasn't bothered. So I can't understand why she won't visit a naturist camp.**

**G:** Well, it seems everyone enjoyed the holiday experience at least.

**D:** Yes, so no problems there. However, this experience bears absolutely no relation to naturism, though the chap seems to think it does. His wife was giving two guys a bit of a holiday tease which they obviously thoroughly enjoyed - and she probably knew he got turned on seeing that too. To go to a naturist club and strip off in a non-sexual way where others are also stripped is an entirely different



kettle of fish. One puts the woman in a position of extreme power, the other can make her feel extremely vulnerable.

**G:** So she needs a lot of reassurance and gentle encouragement, rather than a confrontational "WHY WON'T YOU GO NUDE?"

**D:** At Christmas Pie (the H&E club) we're having a series of open sessions which will actually be dressed, so that anyone can come along and see that naturists are "normal" people. The idea is to try and change some of these misconceptions. Talking of which:

**Naturism to me means a whole way of life. Not just being able to take your clothes off when and where you can, but a whole lot more. For instance, looking after the environment - and looking after oneself too. I think naturists should be the beautiful people, looking after their appearance and taking a pride in what they look like. They shouldn't smoke or drink and they should not pollute the air**

**D:** Now it just so happens that George has gone to bed with a hangover and I am drinking a large glass of red wine...

**if you'd like Diana and George to put some perspective on any aspect of your life, write to: Diana & George, New Freedom Publications Ltd., Bow House Business Centre, 153-159 Bow Road, London, E3 2SE, England. Enclose a stamped addressed envelope if you want a reply.**

**MY wife and I are going to Australia next year for a holiday. We hope to visit the Cairns area. Where can we find out about naturist resorts?**

**Apparently Queensland has the most repressive nudity laws in Australia! Try writing to: Townsville Nudist Club Inc., PO Box 39, Castletown, Hyde Park, Queensland 4812, Australia for more help. In the mean time get hold of Australian Bare Facts which will give a lot more information - it's available through our marketing department - order on page 59.**

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# Sun, sea and fun in . . .

## North - West France

You'll find a beach at **Etel, Kerminihy** in Brittany that is tolerated and enjoyed as a naturist beach. It's easy to reach from Kerioueriec or via Kerminihy turning west at the church, left at the last house and then second right. There's a sun club for 100 tents and caravan spaces at La Pinede, Route de Cohenno, 56550-Belz.

**Belle Isle** in Brittany is about six miles long and a couple of miles across. There are lots of rugged and secluded coves on the north west coast. Plage d'Herlin to the south is a beautiful, wide sandy bay. Head east to Pointe de Kerdenis, or the north facing Grand Sables.

**La Sanzaie** in Poitou Charente is a great beach. It lies 7km south of St Gilles Croix-de-Vie on the D38, north of Brétignolles. You can park at the roadside just before the sign for La Sanzaie or take the rough tracks to the car park.

**Les Conches**, north-west of La Tranche-sur-Mer between La Plage de la Terriere and La Plage des Conches, has been an official beach since 1978. Access is from Longueville or La Tranche-sur-Mer. Head towards the sea from the Camp of Mme Alaizon, 42 Rue de Julios, Les Conches, 85560 Longueville. Park at the edge of the wood. It's a good kilometre walk to the nude beach but the swimming isn't safe.

There is another official area in Poitou Charente called **La Grand Cote**, which extends from Mathes to Les Casements. Walk through the trees and follow the signs to a fine, long beach. There is a 50/50 mix of textiles and naturists.

On the **Ile d'Oleron** there are two official beaches which are easily accessed and popular with naturists. Three kilometres inland are the grounds of Oléron Nature with caravans for hire. You'll need to take your car across the causeway to get around as the island is large. The beaches to look out for are Grande Plage Beach, Les Allassins, Les Saumonards, Plage de la Cheneau.

Much of this information was taken from **David Martin's Coast and Country Guide to Europe**, the revised edition of which, won't be available until April 1998



### Naturist beaches and clubs in

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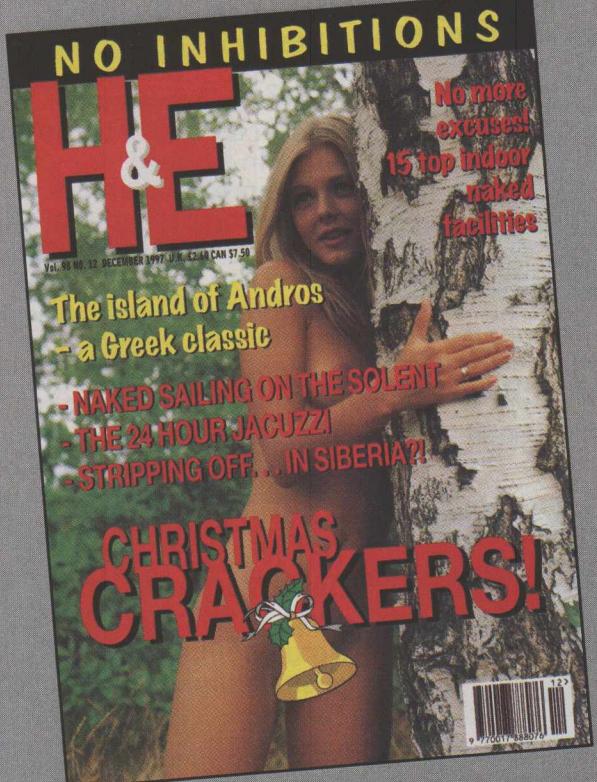
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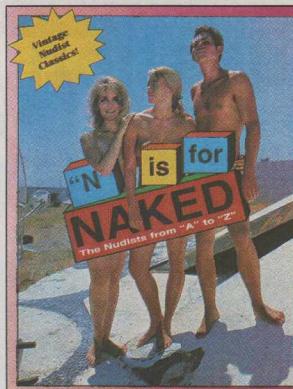
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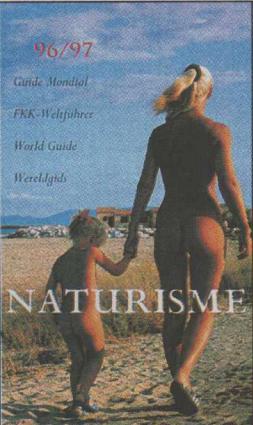
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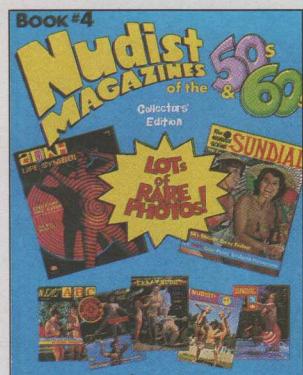
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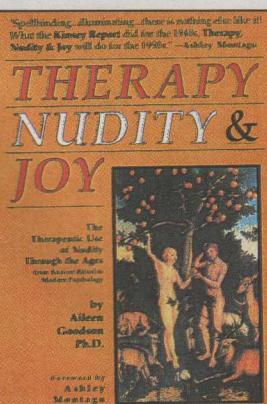


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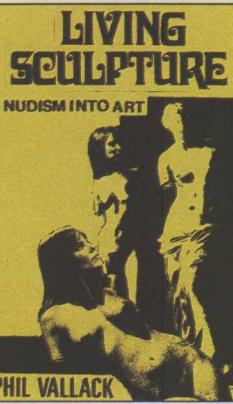
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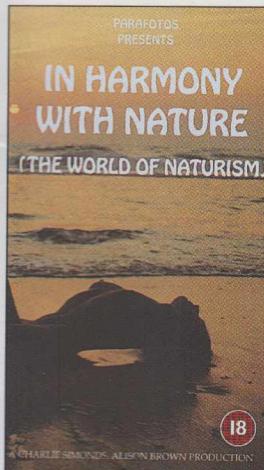
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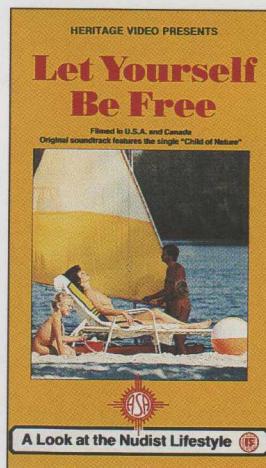
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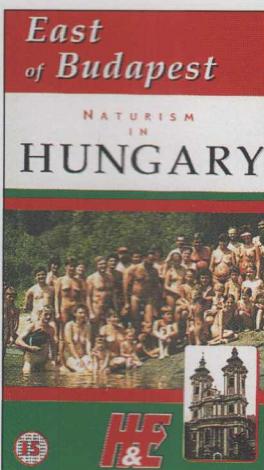
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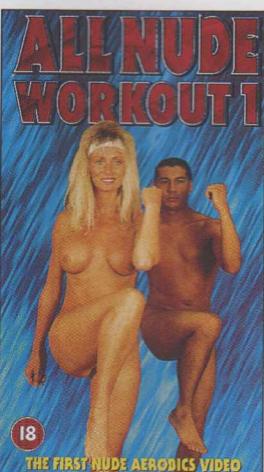
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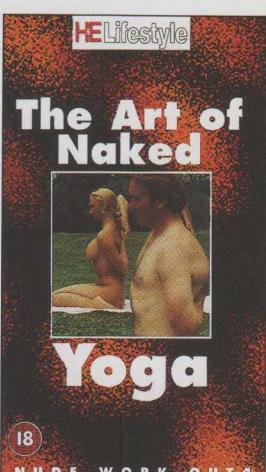
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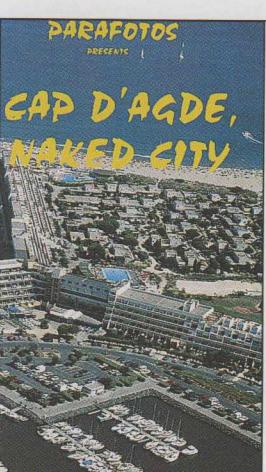
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